

The Power of Choice

Helping Youth Make Healthy Eating and Fitness Decisions • A Leader's Guide

“Power” Tools for You

Reproducible Materials and Posters



- ❖ Dear Family Letter
- ❖ “yourCHOICE” Handout
- ❖ *yourCHOICE...Great Tastes!
Cool Moves!* (Recipe Booklet)
- ❖ Recognition Certificate
- ❖ Poster Images (8x11)
- ❖ *Nutrition Facts Cards*
- ❖ Posters (full size)

Reproducible Tools for You

1 “Dear Family” Letter

Personalize and send this letter to involve the families of your preteens. Use it to inform families about *The Power of Choice* and the fun activities that will be taking place at your site. Personalize the letter with your own approach, or add a handwritten reminder of how important family members are to your organization.

2 “yourCHOICE” Handout

Duplicate this handout. Use it at each session to help preteens set personal goals and take action steps for healthful eating and active living.

3 *yourCHOICE...Great Tastes! Cool Moves!*

Recipe booklet - Duplicate and share the booklet with preteens to reinforce and take home the messages in *The Power of Choice*. The recipe booklet provides easy snack recipes that preteens can prepare at home. Useful as a promotional tool to recruit additional members, as a fund-raiser, or as an opportunity to let preteens add their own creative touch!

4 Recognition Certificate

Duplicate this certificate and present to preteens on a routine basis to acknowledge the accomplishments and progress of those participating in each session.

5 Posters Images: *Feed Me!, Move It!, Read It!, FIGHT BAC!*

Small (8-1/2" x 11") black and white versions of the posters are included for you to duplicate as you wish.

6 Nutrition Facts Cards

Duplicate several sets of the 170 *Nutrition Facts Cards*, cut them apart, and use them routinely in the activities to help make real-life food decisions. The cards show the calories and nutrients in one serving of each food and beverage that many preteens enjoy. A blank card is the first one you'll see. It is intended for preteens to use to record Nutrition Facts from other foods they eat.

7 Posters: *Feed Me!, Move It!, Read It!, FIGHT BAC!*

The activities are based upon the messages of these four concepts, along with the other materials. Display selected poster for each activity. (Two sets of posters are included as part of this guide.)

(date)

Dear Family,

Healthy kids have healthier futures!

In the coming weeks, _____ Healthy Lifestyle Program will share *The Power of Choice* with preteens. This is an activity guide with a simple yet important goal: to help preteens develop life skills for making healthful eating and active living choices. The approach is fun—learning by doing! And its teaching design applies a series of engaging activities that are food related, action packed, and relevant to preteens' everyday lives.

The Power of Choice is brought to our community through the assistance of the U. S. Department of Agriculture and the U. S. Department of Health and Human Services. Developed to support preteens during this rapidly changing stage in their lives, it offers a learning process to help them make healthier lifestyle choices that will shape their future. The activities are intended to motivate preteens to make smart decisions for health, now and as they grow into adulthood.

We want you to be a part of *The Power of Choice*, too. You can help with activities, take part in community experiences, and share your own interests and skills. Just as important, you can be a great example by practicing healthful eating and active living at home. Together, we can help preteens, as well as you—their family, reap the benefits of smart lifestyle choices for a healthier future.

Sincerely,

(your name)
(your position)

Set these family goals for healthful eating and active living:

- ❖ *Choose foods for good health, and enjoy them!*
- ❖ *Eat more grain products, vegetables, and fruits.*
- ❖ *Follow an overall eating plan with less fat.*
- ❖ *Sit less and move more—being active is fun!*

Things to do with your kids:

- ❖ *Enjoy family meals as often as possible—at least twice a week.*
- ❖ *Plan meals and snacks together with plenty of healthful food choices.*
- ❖ *Read Nutrition Facts on food labels together, as you make choices.*
- ❖ *Keep easy-to-eat lowfat snacks on hand: fruits, cut-up vegetables, milk, and lower fat snack foods.*
- ❖ *Be active: walk together, wash the car, dance!*

"yourCHOICE"

Your name _____

My goals...	More: I can...	Enough: I can...	Less: I can...
To make smarter food and activity choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To move more and sit less	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To pay attention to how much I eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To use food labels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To choose foods with less fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To make smarter drink choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To make smarter snack choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To make smarter fast-food choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To avoid the urge to eat too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To try new foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The Power of Choice

yourCHOICE...

Great Tastes! Cool Moves!

Get a Life!

Cool, weird, fun. Do your life and your body exist in a frantic whirl of change? If so, that's okay.

You're normal.

Do you want to get the most out of life? Look and do your best? Feel good? Have energy? **You can.**

In fact, that's what this booklet is all about. It's stuffed with easy, fun ways to eat smart, move more, and do what's right for you and your body now, while you're growing and changing so much. What you choose to do pays off now and in years to come. **You decide.**

*On these pages, write in your own ideas for good-for-you eating and fun, active living. Think about what's important to you, too, and how you'll reach your goals. **Your life: it's your choice!***

Eat Smart

Snacks, breakfast, fast foods, school meals: your food choices fuel your active, changing body. For the nutrients in foods that you need to grow, have energy, and stay healthy, think about two main things: *what you eat* and *how much*.

Eat Less Often...

fats, oils, and sweets that add extra calories and provide few nutrients or none at all (such as candy, soda, jelly, Popsicles, cream cheese, butter, salad dressing).

Eat Enough...

lowfat dairy foods for calcium and **lean meats or beans** for iron.

Eat More...

fruits and vegetables than you're used to eating.

Eat Plenty...

bread, cereals, rice, and pasta as your best foods for energy.

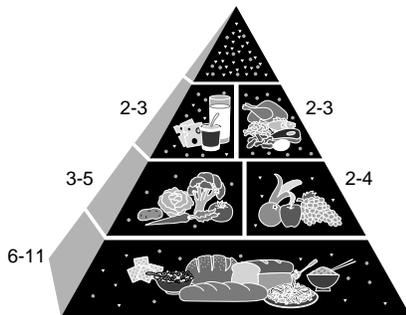
Tri-Oh!

1 Try different foods for their great tastes. You'll boost your chances of getting the many nutrients your body needs to grow and stay healthy. *Try a new food today!*

2 Eat all kinds of foods. Go easy on amounts. Watch "how much" so you get enough variety without overdoing on any one food or food group. *Choose mostly foods with less fat and sugar.*

3 Make your food choices count over several days. If you come up short on food-group servings one day, just make up for it the next day. *Pick snacks to fill in the gaps.*

Use this! The Pyramid is a guide to help you eat smart. In your day's food choices, fit in at least the smallest number of servings from all five major food groups.



Move More

Okay, you know you're smart to move more. But why? How many reasons can you come up with?

Check out all the great things you do for your "bod" when you stop sitting around and start moving!

Healthy "Bod" Benefits...

- Sleep better.
- Cope with stress.
- Build strength and endurance.
- Improve weight.
- Feel good about one's self.
- Get over the "blues."
- Look better.
- Develop skills in sports.
- Improve family relations.
- Move easier.
- Promote overall health.
- Why not? It's fun!

Make your moves! Move toward at least 60 active minutes a day—all at one time or in several shorter spurts. Riding a bike, walking, or dancing adds up. Each is fast, fun, and easy.

Boost the benefits. Move longer or harder. Try running or playing one-on-one basketball.

Power of Choice Be Your Best YOU!

Every day you make lots of choices. Some are part of your routine: what to eat or wear, what to do after school, when to do homework. Others may not seem so simple, perhaps how to spend your money, whether to join a sports team, who you want as a friend.

Your choices, even many small ones, can affect the direction of your life. That includes becoming your best you.

To get **POWER** from **YOUR CHOICES**...

Know what matters to you.

That way you can make choices that match what you care about.

Make choices that are right for you.

You don't need to do what everyone else does or be like anyone else either.

Make smart choices about food and active living.

They add up to helping you be your best!

Try this! Here's a way to make smart choices—especially when the decision seems hard.

- ❖ **Figure out what you need to decide.**
- ❖ **Get facts.** Figure out how much time, money, and energy you have.
- ❖ **Consider each option** by weighing the pros and cons to help you reach your goals. Doing nothing is an option, too.
- ❖ **Make a choice** that's best for you and what you care about.
- ❖ **Act on your decision.**
- ❖ **Think about the result** and how it affected you and others. Was it the best choice?

Six Steps to Your Goals!

- ❖ *Pick realistic goals*—match your abilities.
- ❖ *Make a plan*—pace yourself to get there with small steps.
- ❖ *Face challenges*—create ways to deal with things, such as time or money.
- ❖ *Ask for help*—support from your family and friends helps a lot.
- ❖ *Give yourself a break*—nobody's perfect, even you.
- ❖ *Pat yourself on the back*—even for a small success.

To sit less and move more, I can...

- Watch TV less often.
- Find some active fun to do with my friends after school.
- Walk, bike, or roller-blade to the store, school, or friends' houses.
- Help my family with chores.
- Dance or walk to relieve stress.
- Walk while I talk on the phone.
- Play computer games less often.
- Go out for a community or school sport.

Here's more I can do to move:

- _____
- _____

The Choices are Yours!

Small steps add up! What can you do to be your best? Check (✓) them off. Add your own!

To eat smart, I can...

- Eat breakfast.
- Drink juice, milk, or water when I'm thirsty—maybe with fast food.
- Use food labels to find good-for-me snacks.
- Drink milk with lunch or supper.
- Order regular-size fast foods.
- Compare my usual amounts to servings on food labels, so I don't overeat.
- Use labels to pick snacks with less fat and less sugar.
- Take fruit in my school bag to snack on when I'm hungry.
- Try a new vegetable this week.
- Eat slowly; stop when I'm full.
- Ask my family to buy healthful snacks, such as fruits and veggies.

Here's more I can do to eat smart:

- _____
- _____

Give Me a "Healthful High Five!"

Five New Foods I'll Try

1. _____
2. _____
3. _____
4. _____
5. _____

Unscramble these fruit and veggie snacks. Try to find them in your store. Better yet, buy 'em and taste 'em!

WIIK UFTRI _____

YAPPAA _____

MAICJA _____

CZIUNHCI _____

GONAM _____

DRE PREEPP _____

Five Smart Snacks for My Shopping List

1. _____
2. _____
3. _____
4. _____
5. _____

Five Great Snacks to Share With Friends!

1. _____
2. _____
3. _____
4. _____
5. _____

What Did You Eat and Drink Today?

	Vegetables?	Fruits and fruit juices?	Milk and foods made from milk?
Morning			
Midday			
Evening			
Snacks			
How many servings?	Total	Total	Total

Did You "Move 'n Groove" Today?

What "moves" did you make?	For how long?

Yo...What's Important to You?

Check (✓) what you care about. Add any other goals that are important to you, too. Do you want to...

- feel good?
- have energy for active, fun things?
What? _____
- look your best?
- get good grades?
- do well at something special?
What? _____

You can do it! Reaching your personal goals just takes a little thinking, some planning, and the commitment to face challenges.
Remember: Your goals may differ a little from what your friends or family members care about. If you respect one another's different priorities and choices, that's okay!

**To Help You Reach Your Goals...
Eat Smart, Move Enough!**

Take a quick look to see how your food choices and physical activities stacked up today.

TODAY

Did you choose enough:

- Vegetables? _____
- Fruits and fruit juices? _____
- Milk and foods made from milk? _____

(Use the Pyramid and the serving sizes to help you decide. *Tip:* What counts is *what* and *how* much you eat over several days—not just one day or one meal.)

Did you "Power Up:"

- At least 60 minutes of fun, physical moves today? _____
- Enough, do you think? _____
Why? _____

Fast Foods Fit

Heading to a local burger place with friends? Cruising the food court at the mall? Ordering out for pizza?

Most fast-food meals and snacks are *high* in fat, calories, and sodium, and they're *low* in fiber, calcium, and other nutrients, too. Most orders don't have many fruits, vegetables, or calcium-rich foods (such as milk) either.

You can be smart when ordering fast foods.

For more fruits and veggies...

- Ask for tomato, lettuce, and other veggies on your sandwich.
- Order a fruit smoothie.
- Get a salad instead of fries.
- Load pizza with veggies.
- _____

For more calcium...

- Drink milk with fast food.
- Order cheese on a burger or sandwich.
- Buy yogurt if you can.
- _____

For less fat...

- Order regular-size burgers, burritos, and tacos.
- Split a small order of fries with a friend, or skip them.
- Order grilled chicken.
- Skip mayonnaise, tartar sauce, sour cream, and butter.
- _____

For less sugar...

- Order a regular-size soda.
- Skip soda.
- Skip fruit pies.
- _____

For more food variety...

- Try something different: wraps, sushi, veggie sandwiches, or _____.

Try this! Write down a typical fast-food meal or snack you might buy.

Check (✓) at least three ways you might enjoy these fast foods *and still eat smarter*. Use the fast-food tips here, or add your own.

Cool Moves! Sit Less—Move More

Moving your body is fun, good for you, and helps you look good. Besides, it's easier to do than you think! Try these ideas to fit at least 60 minutes of "cool moves" in your life each day.

1. **Put your feet to the ground, and walk!** Forget about the bus or asking for a ride.
2. **Try in-line skating or skateboarding.** It's fast, easy-to-learn, outside fun with friends. Remember: wear the gear (helmet plus knee, wrist, and elbow pads).
3. **Take the stairs every chance you can.** Forget the elevator. You'll get a workout without even thinking.
4. **Walk the dog.** Whether you volunteer or get paid, dog walking is fun for moving more!
5. **Turn up the music.** Shake, rattle, and roll to your favorite tunes. It doesn't matter if you move to rap, hip hop, or salsa music, or do the twist. Just move as you groove.
6. **Earn extra cash as you help your body.** Try mowing lawns, washing cars, weeding gardens, shoveling snow, or cleaning garages.

7. **Be a good neighbor!** Help older folks by walking their dogs or volunteering for household jobs.
8. **Go out and play.** Rake a mountain of leaves; jump in it. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Jump rope: double-Dutch with two ropes for more fun!
9. **Try martial arts.** Make your moves with karate, yoga, tae kwon do, or kickboxing.
10. **Baby-sit.** Sounds silly, but just try to keep up with toddlers. They move—fast!
11. **Lap it up.** For fun, swim and dive with friends.
12. **Play one-on-one basketball.** Talk about a *total body* workout. First person to 21 wins!

Your ideas: _____

Moving Enough? If you can talk while you move, your pace is probably right for you. If you're too breathless to talk, slow down. If you can sing, get moving faster or harder.

Eat Enough... Not Too Much

- ❖ **When you don't eat enough**, you may miss out on nutrients you need for energy and for growing strong and healthy.
- ❖ **If you eat too much**, you may get more food energy (calories) than you need to grow and move. And you may gain weight.

Try this! Move more to use up more food energy. Why? You won't need to be as concerned about how much you eat. Cool!

How Big Are Your Servings? Next time you heap food on your plate, find out. Either get out the measuring cups, or use visual cues to figure out how much you're eating. Surprised?

These are the size of... A food-group serving!

Small computer mouse	= 1/2 cup fruit, vegetables, or cooked rice or pasta
Tennis ball	= 3/4 cup fruit juice
Baseball	= 1 medium fruit or 1 cup lettuce, or cereal, or milk
Ping-Pong ball	= 1 ounce hard cheese or 2 tablespoons peanut butter
8-ounce glass	= 1 serving milk
12-ounce glass	= 2 servings juice or 1 1/2 servings milk
2 9v batteries	= 1 1/2 ounces cheese, cheddar
6-inch plate	= 1 tortilla (6 inches)
Deck of cards	= 3 ounces meat, poultry, or fish
Computer mouse	= 1 medium potato
4-inch CD	= 1 pancake or waffle

Try this! To eat enough but not too much:

- ❖ Skip the urge to eat from a bag. Measure out one serving. Put the rest away.
- ❖ Buy packages with just one serving.
- ❖ If you buy a big package, put small amounts into separate bags or containers. Eat just what's in a smaller one.

Check out the Facts

How can you eat smart when you have so many foods to pick from? Just use "5-20" guide to check the Nutrition Facts on food labels and then decide what to buy and eat.

Practice here. Can you find the Nutrition Facts on a food label? Almost every food has them.

- ❖ **Serving size.** It might be more or less than your usual amount. *To find out, measure or remember the visual cues.*
- ❖ **Number of servings in the package.**
- ❖ **Calories in one serving.** If you eat two servings, you double the calories. *Pay attention, so you can be at a healthy weight.*
- ❖ **Nutrients that need your attention.**
- ❖ **% Daily Value (DV).** It is a number that allows you to know whether there's a lot or a little of a nutrient in a serving of food.
- ❖ **Footnote (bottom).** It shows how much or how little of some nutrients an average person needs each day. You may need more or less depending on your energy needs.

Here's how the "5-20" guide works: Look at the % DVs, and use the "5-20" guide as a helpful tool that provides a way to balance food choices for the day. It does not turn foods into good or bad foods. It helps you see if a food has a little or a lot of a nutrient. For example:

- ❖ **5% DV or less is low:** For nutrients you want to get less of (such as saturated fat, cholesterol, and total fat), try to choose foods with a low % DV.
- ❖ **20% DV or more is high:** For nutrients you want to consume more of (such as calcium or fiber), try to choose foods with a high % DV.

To be healthy:

- ❖ Get less fat, especially saturated fat, cholesterol, sodium
- ❖ Get enough fiber, vitamins A and C, calcium, iron

Do you have a favorite, good-for-you snack recipe? Put it here!

Recipe name _____

What's in it and how much _____

How many servings it makes

What food groups it fits in

How to make it _____

In the Mood For Food?

Do you eat when you feel...

- stressed?
- bored?
- lonely?
- angry?
- depressed?

Do you nibble when you...

- watch TV?
 - do homework?
 - go out with friends?
 - want to reward yourself?
 - are involved in other things?
- (Nibbling is just a habit.)*

If you eat when you're not really hungry, you can eat too much. That leaves some people feeling guilty or bad about themselves. And either feeling can lead to more overeating.

Most people feel better about themselves when they're in control of their eating. **Jot down** some things you can do instead of reaching for food

Eating too fast? Then you may eat too much and get stuffed. Slow down so your stomach has 20 minutes to talk to your brain. That's how long it takes your stomach to say, "I'm full." You know yourself best. How can you slow down at the table? **Your ideas:**

when you really aren't hungry. Let these three ideas start your mental juices:

- Draw or play music.
- Read a magazine or book.
- Roller-blade or shoot some hoops.
- _____
- _____

Fruit Dippers

Sweeten your life with this fruity finger food!

1/2 cup lowfat vanilla yogurt
2 tablespoons chopped peanuts
2 cups fruit (grapes, banana slices, apple wedges, strawberries)

1. Combine yogurt and peanuts. Mix with a spoon.
2. Place a toothpick in the center of each fruit.
3. Dip fruit into the yogurt-peanut mixture.

Makes 4 servings.

Scrub 'Em! Rinse fresh fruits and veggies under running water before eating them. Use a vegetable brush on foods with firm surfaces. Cut out the bruised or damaged spots where bacteria often grow.

More ideas: Like chocolate? Mix nonfat hot fudge sauce into the yogurt-peanut mixture.

Your turn: Mango, kiwi, pineapple, and cantaloupe chunks taste great with a dip. What other way might you enjoy a yogurt-peanut dip?

Nutrition Facts

Serving Size 1 serving (427g)
Servings Per Container 6

Amount Per Serving		
Calories	320	Calories from Fat 100
%Daily Value*		
Total Fat	11g	17%
Saturated Fat	2.5g	12%
Cholesterol	5mg	2%
Sodium	160mg	7%
Total Carbohydrate	46g	15%
Dietary Fiber	8g	33%
Sugars	36g	
Protein	12g	
Vitamin A	4%	Vitamin C 270%
Calcium	25%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Veggie Noodles

Have fun with pasta shapes: spirals, bowties, or tubes.

1 pound uncooked pasta
2 cups canned, drained vegetables
1 cup spaghetti sauce
1/2 cup (2 ounces) shredded cheese

1. Boil water in a cooking pot. Add the pasta. Turn down the heat to medium-low; cook for 10 minutes. Pour pasta and water into colander to drain.
2. Return cooked, drained pasta back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium-low heat *just* until the vegetables are hot.
3. Sprinkle with cheese *just* before serving.

Makes 4 servings.

More ideas: If you have leftover cooked pasta or veggies in your refrigerator, heat them up for quick Veggie Noodles!

Your turn: No canned veggies on hand? Use frozen or fresh ones. Just cook them before tossing with pasta. Which veggies might you use?

In Doubt? Throw Out! If you're not sure if food is safe to eat, toss it without tasting it.

Nutrition Facts

Serving Size 1 bowl (268g)
Servings Per Container 4

Amount Per Serving		
Calories	630	Calories from Fat 90
%Daily Value*		
Total Fat	10g	15%
Saturated Fat	3.5g	19%
Cholesterol	15mg	4%
Sodium	540mg	23%
Total Carbohydrate	116g	39%
Dietary Fiber	5g	21%
Sugars	14g	
Protein	21g	
Vitamin A	15%	Vitamin C 15%
Calcium	10%	Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.

Stuffed 'Tato

Stuff a baked potato for a quick meal or snack—delicious any time of day!

- 1 medium potato
 - 1/4 cup chopped veggies (green pepper, cooked carrot or broccoli, corn, tomato, or any others you like)
 - 2 tablespoons salsa
 - 2 tablespoons shredded cheese
1. Microwave the potato on HIGH for 3 to 4 minutes.
 2. Top your potato with veggies, salsa, and cheese.

Makes 1 stuffed baked potato.

Go for Plastic! Use plastic cutting boards. Clean them with hot, soapy water or in a dishwasher.

More ideas: Top your 'tato with chili, baked beans, spaghetti sauce—even scrambled eggs with chopped ham.

Your turn: A sweet potato makes an awesome Stuffed 'Tato. What seems interesting to you to try as a sweet potato topper?

Nutrition Facts		
Serving Size 1 item (253g)		
Servings Per Container 1		
Amount Per Serving		
Calories	280	Calories from Fat 45
%Daily Value*		
Total Fat	5g	7%
Saturated Fat	3g	15%
Cholesterol	15mg	5%
Sodium	180mg	7%
Total Carbohydrate	53g	18%
Dietary Fiber	6g	23%
Sugars	4g	
Protein	9g	
Vitamin A	10%	Vitamin C 80%
Calcium	15%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

Confetti Bean Salsa

Scoop salsa with raw veggies or baked tortilla chips—or spoon it over rice!

- 1 can (15 ounces) red or black beans
 - 1 can (11 ounces) corn
 - 1 cup salsa
1. Drain and rinse the beans. Drain the corn.
 2. Combine beans, corn, and salsa in a medium-size bowl. Mix.

Makes 3 cups salsa or 6 (1/2 cup) servings.

Wipe Them Off! Clean the lids of canned foods before you open them. That keeps debris from getting into your food.

More ideas: Like it hot? Add a few drops of hot sauce or chopped green chiles. Try chopped cilantro, parsley, or green pepper in your salsa, too.

Your turn: Check out the grocery shelves for other canned beans. You'll see many types to try. Experiment with different ones to enjoy new flavors and have several ways to make Confetti Bean Salsa

Nutrition Facts		
Serving Size 1 serving (108g)		
Servings Per Container 6		
Amount Per Serving		
Calories	110	Calories from Fat 5
%Daily Value*		
Total Fat	1g	1%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	110mg	5%
Total Carbohydrate	22g	7%
Dietary Fiber	6g	23%
Sugars	1g	
Protein	6g	
Vitamin A	4%	Vitamin C 8%
Calcium	2%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

Stuffed Pockets

Make these sandwiches in pocket bread, or “wrap and roll” them in soft tortillas.

- 2 ounces lean deli meat, cut into thin strips
- 1/2 cup chopped vegetables (tomato, pepper, carrot, cucumber, or any others you like)
- 1/4 cup (1 ounce) cheese shreds
- 1 pocket bread, cut in half
- 2 tablespoons lowfat salad dressing

1. Stuff meat, vegetables, and cheese into pocket bread.
2. Drizzle salad dressing on top.

Makes 1 pocket sandwich (2 halves).

Be a Label Reader! Meat and poultry packages tell how to store these foods properly at home, so they’re safe to eat. Follow the tips on the label.

More ideas: Pocket bread is a handy, edible container for leftovers: rice and beans, tuna salad, pasta salad, tossed salad, and cooked vegetables.

Your turn: Stuffed Pockets make great finger foods. What else might you stuff inside for a quick snack or meal that goes wherever you go?

Nutrition Facts

Serving Size 1 sandwich (226g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 160
%Daily Value*	
Total Fat 18g	28 %
Saturated Fat 8g	41 %
Cholesterol 65mg	22 %
Sodium 1580mg	66 %
Total Carbohydrate 37g	12 %
Dietary Fiber 2g	7 %
Sugars 6g	
Protein 26g	
Vitamin A 8%	Vitamin C 4%
Calcium 25%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less
 ↓ HIGH=20% or more
 ↑

Frozen Fruit Pops

Nothing to do? Freeze fruit pops to have on hand later—whenever you’re hungry!

- 1 can (8 ounces) crushed pineapple
- 1 cup (8 ounces) lowfat fruit yogurt
- 1 can (6 ounces) orange juice concentrate, thawed

1. Mix the ingredients in a medium-size bowl. Divide into 4 paper cups.
2. Freeze until slushy—about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
3. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

Makes 4 frozen fruit pops.

More ideas: Mix ingredients for fruit pops, and freeze in ice cube tray instead of cups. They make great “ice cubes” in fruit juice.

Your turn: Make Frozen Fruit Pops with any fruit or juice concentrate in your kitchen. What’s your favorite fruit combo?

Keep Counters Clean! Put your backpack on the floor not on the counter or table where you put food.

Nutrition Facts

Serving Size 1 fruit pop (162g)	
Servings Per Container 4	
Amount Per Serving	
Calories 80	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 25mg	1 %
Total Carbohydrate 18g	6 %
Dietary Fiber < 1g	0 %
Sugars 14g	
Protein 2g	
Vitamin A 0%	Vitamin C 45%
Calcium 8%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less
 ↓ HIGH=20% or more
 ↑

Peanut Butter 'N Fruit-Wich

Chase down this snack with milk!

- 1 slice whole-wheat bread
- 2 tablespoons peanut butter
- 1/4 apple or banana, sliced thinly
- (Optional) 2 tablespoons sliced or grated carrot

1. Spread 2 tablespoons peanut butter on bread.
2. Place fruit slices on top.
3. (Optional) Top with grated carrot.

Makes 1 open-faced sandwich.

Carry Food Safely! Use an unused paper or plastic bag or a clean insulated lunch bag. Wash reusable bags each time you use them.

More ideas: Make a Peanut Butter 'N Fruit-Wich on crunchy graham crackers, or roll up the filling in a soft tortilla.

Your turn: Instead of fresh fruit use canned pineapple on a fruit-wich. Just drain it first. What other canned fruits might be yummy to try?

Nutrition Facts

Serving Size 1 fruit-wich (112g)		
Servings Per Container 1		
Amount Per Serving		
Calories	340	Calories from Fat 170
%Daily Value*		
Total Fat	19g	29%
Saturated Fat	3.5g	18%
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	35g	12%
Dietary Fiber	6g	22%
Sugars	8g	
Protein	12g	
Vitamin A	0%	Vitamin C 4%
Calcium	2%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑

Veggie Pizza

For great taste and more fiber, make this pizza on whole-wheat pocket bread.

- 2 tablespoons pizza or spaghetti sauce
- 1 pocket bread (or bread slice)
- 1/2 cup chopped vegetables (broccoli, bell pepper, mushroom, zucchini, carrot, or any others you like)
- 2 tablespoons (1/2 ounce) grated cheese

1. Spread pizza sauce on pocket bread.
2. Sprinkle vegetables and cheese on top.
3. Place on a baking pan, and bake at 375 °F until cheese melts—about 10 minutes.

Makes 1 veggie pizza.

More ideas: Try leftover cooked chicken or meat on your pizza if you have any in your refrigerator.

Your turn: All types of veggies taste great on pizza. Whether they're canned, frozen, or fresh, use what you have: What other veggies might you try on pizza?

Clean Up! Always wash cutting board with hot, soapy water if you use it to cut meat, poultry, or fish *before* you cut vegetables and fruits.

Nutrition Facts

Serving Size 1 pizza (177g)		
Servings Per Container 1		
Amount Per Serving		
Calories	260	Calories from Fat 40
%Daily Value*		
Total Fat	4.5g	7%
Saturated Fat	2g	11%
Cholesterol	10mg	3%
Sodium	600mg	25%
Total Carbohydrate	43g	14%
Dietary Fiber	4g	16%
Sugars	4g	
Protein	13g	
Vitamin A	25%	Vitamin C 100%
Calcium	25%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑

Cool Smoothie

Chill out when you're thirsty with a sweet, refreshing cool smoothie.

- 1 cup milk or yogurt*
- 1/2 cup sliced fruit (canned or fresh) or fruit juice**

1. Put the ingredients in a blender or food processor.
2. Swirl in the blender until smooth.

Makes 1 serving.

Taste "Wise!" Always use a clean tasting spoon, so you don't spread bacteria from your mouth to the food or drink.

Try this!

***Choose any milk:**

- Fat-free milk
- 1% lowfat milk
- 1% lowfat chocolate milk
- Lowfat fruit yogurt
- 2% reduced-fat milk
- Frozen-fruit yogurt

****Choose any fruit or fruit juice:**

- Banana
- Cantaloupe
- Mango
- Peaches, canned
- Pineapple, canned
- Strawberries
- Apple juice concentrate
- Orange juice concentrate
- Grape juice concentrate

Your idea:

Nutrition Facts

Serving Size 1 smoothie (493g)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	Calories from Fat 25
%Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 51g	17%
Dietary Fiber 2g	8%
Sugars 47g	
Protein 9g	
Vitamin A 10%	Vitamin C 45%
Calcium 35%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

Shake-a-Pudding

Turn up the music, and dance while you shake the pudding!

- 2 cups fat-free or lowfat milk*
- 1 small box instant vanilla pudding mix
- 1 cup sliced fruit (canned or fresh)**

1. Pour milk into a quart jar with a tight-fitting lid.
2. Add the pudding mix; screw lid on jar. Shake until the mixture is smooth.
3. Divide fruit into 4 paper cups, or put in a serving bowl. Pour pudding over the fruit. Chill.

Makes 4 servings.

Chill Out! For food safety, keep cold foods cold (at or below 40 °F) to keep bacteria from multiplying too fast. For take-along foods, pack frozen, bottled water to help keep other foods cold.

Try this!

***Try any milk flavor:**

- Cherry flavor
- Chocolate flavor
- Grape flavor
- Orange flavor
- Raspberry flavor
- Strawberry flavor
- Unflavored

Your idea:

****Try any fruit:**

- Apple
- Banana
- Berries
- Kiwi
- Mango
- Melon
- Orange
- Papaya
- Peach
- Pear
- Pineapple

Your idea:

Nutrition Facts

Serving Size 1 serving (197g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 10
%Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	4%
Cholesterol < 5mg	0%
Sodium 240mg	10%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 4g	
Vitamin A 6%	Vitamin C 2%
Calcium 15%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

Snacks—Mix 'em Up!

Mix up a batch to take with you.

- 1 cup popped popcorn
- 1/2 cup bite-size pretzels
- 1/4 cup raisins
- 1/4 cup peanuts

1. Put the ingredients in a medium-size bowl.
2. Toss gently.

Makes 2 cups or 4 (1/2 cup) servings.

Wash Up! Always wash your hands carefully in warm, soapy water before and after you make or eat a snack or meal. Wash for 20 seconds for the best chance of washing away bacteria on your skin.

Try this! Look for a variety of dried fruits in your store: apples, cranberries, peaches, apricots, pineapple, pears, bananas.

Your turn: What other dried fruits or nuts might you mix up for a tasty snack mix?

Nutrition Facts

Serving Size 1 serving (96g)	
Servings Per Container 1	
Amount Per Serving	
Calories 430	Calories from Fat 200
%Daily Value*	
Total Fat 22g	33%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 53g	18%
Dietary Fiber 6g	24%
Sugars 25g	
Protein 12g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓ LOW=5% or less HIGH=20% or more
↑
↑

Cinnamon Fruit Toast

Enjoy fruit toast for a quick snack or an easy breakfast.

- 1 slice bread
- 1 teaspoon margarine
- 1/2 apple, sliced thinly
- 1 slice American cheese
- 1/4 teaspoon cinnamon
- 1 teaspoon sugar

1. Spread one side of bread with margarine. Put bread on a baking pan with margarine side facing down.
2. Arrange apple and cheese slices on the bread. Combine cinnamon and sugar; sprinkle on top.
3. Bake at 375 °F until bread turns light brown on bottom—about 10 minutes.

Makes 1 serving.

Try this! Instead of fresh apples use canned, drained peaches or pears.

Your turn: Ask your family to buy whole-grain bread (whole wheat, oatmeal, multigrain). Which one will you try first for delicious Cinnamon Fruit Toast?

Use Clean Towels! Clean up with paper towels or a clean towel. With paper towels, bacteria go into the garbage can!

Nutrition Facts

Serving Size 1 serving (141g)	
Servings Per Container 1	
Amount Per Serving	
Calories 300	Calories from Fat 120
%Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	27%
Cholesterol 20mg	7%
Sodium 510mg	21%
Total Carbohydrate 39g	13%
Dietary Fiber 5g	20%
Sugars 15g	
Protein 9g	
Vitamin A 10%	Vitamin C 6%
Calcium 15%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓ LOW=5% or less HIGH=20% or more
↑
↑

SNACKS...

Fast, Fun, Flavor

Stomach growling? Try no-hassle, good-for-you snacks. Circle ones you'll try. Jot down your own ideas, too. *Can you figure out what food groups they fit in?*

Ultra easy, no fuss

- ❖ Baby carrots
- ❖ Yogurt topped with your favorite fruit
- ❖ Whole fruit
- ❖ Baked tortilla chips (or sliced cucumber or jicama) with salsa
- ❖ Frozen fruit-juice bar
- ❖ Cereal topped with lowfat milk or yogurt
- ❖ Handful of pretzels or peanuts
- ❖ String cheese
- ❖ **Your ideas:**

Easy, not much to do

- ❖ Cut-up fruit in an unsugared ice cream cone
- ❖ Two or more fruit juices mixed together
- ❖ Lowfat ice cream sandwich made with oatmeal cookies
- ❖ Microwaved noodle soup with corn or other vegetables mixed in
- ❖ Sliced fruit mixed in a single-serving pudding cup
- ❖ **Your ideas:**

A little more effort

- ❖ Sliced fruit and dip (yogurt and chopped nuts)
- ❖ Peanut butter and banana slices rolled in a flour tortilla
- ❖ Leftover chili in a pita pocket; leftover rice and beans in a flour tortilla

- ❖ Bagel half topped with cheese or lean meat
- ❖ **Your ideas:**

Try this! If you snack on foods with some fat or sugar, keep the amount sensible. Share with a friend. Eat them less often. Skip the urge to eat from the container, and serve your snack on a plate/bowl to control how much you eat. Pick a special plate/bowl that will make snacktime even more enjoyable.

Turn the page for easy snack recipes.

More Cool, Healthful Ways To Be "My Best Me"

Jot them down here!

Your choices help you feel good,
look and do your best, and reach your goals.

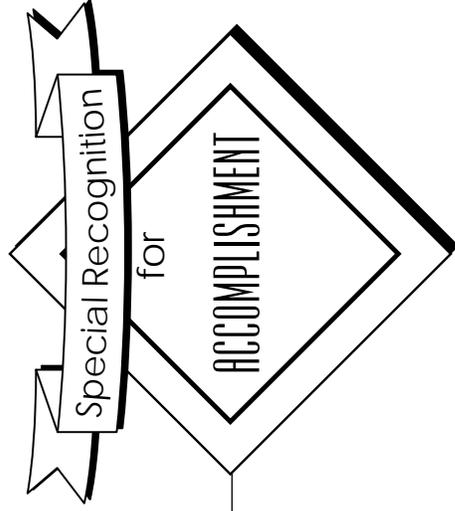
Keep Moving in the Right Direction

Certificate of Recognition for Participation in

The Power of Choice

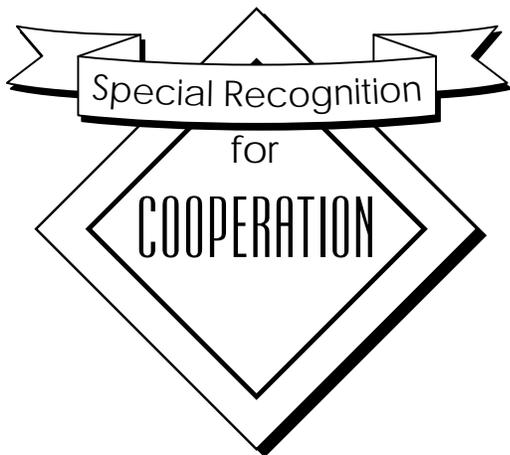
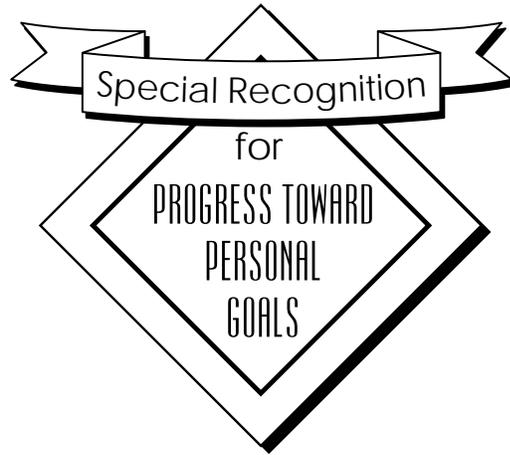
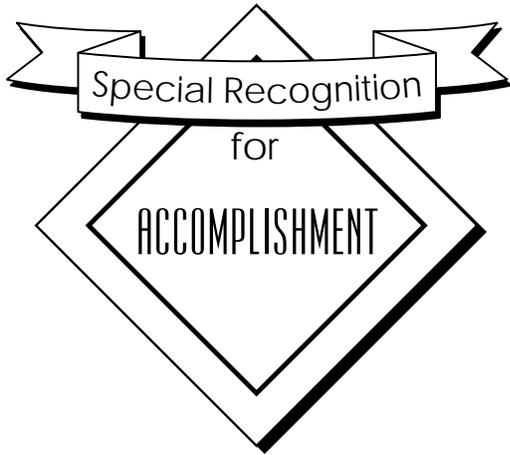
Healthy Lifestyle Program

Awarded to



Site _____ Date _____ Staff _____

Power of Choice Recognition Awards



Move It! Choose your FUN!

Your body counts on you to be active to help strengthen your bones and heart, and build muscles.

How much physical activity do kids need?

- GET AT LEAST 60 minutes a day of moderate activity, most days of the week.

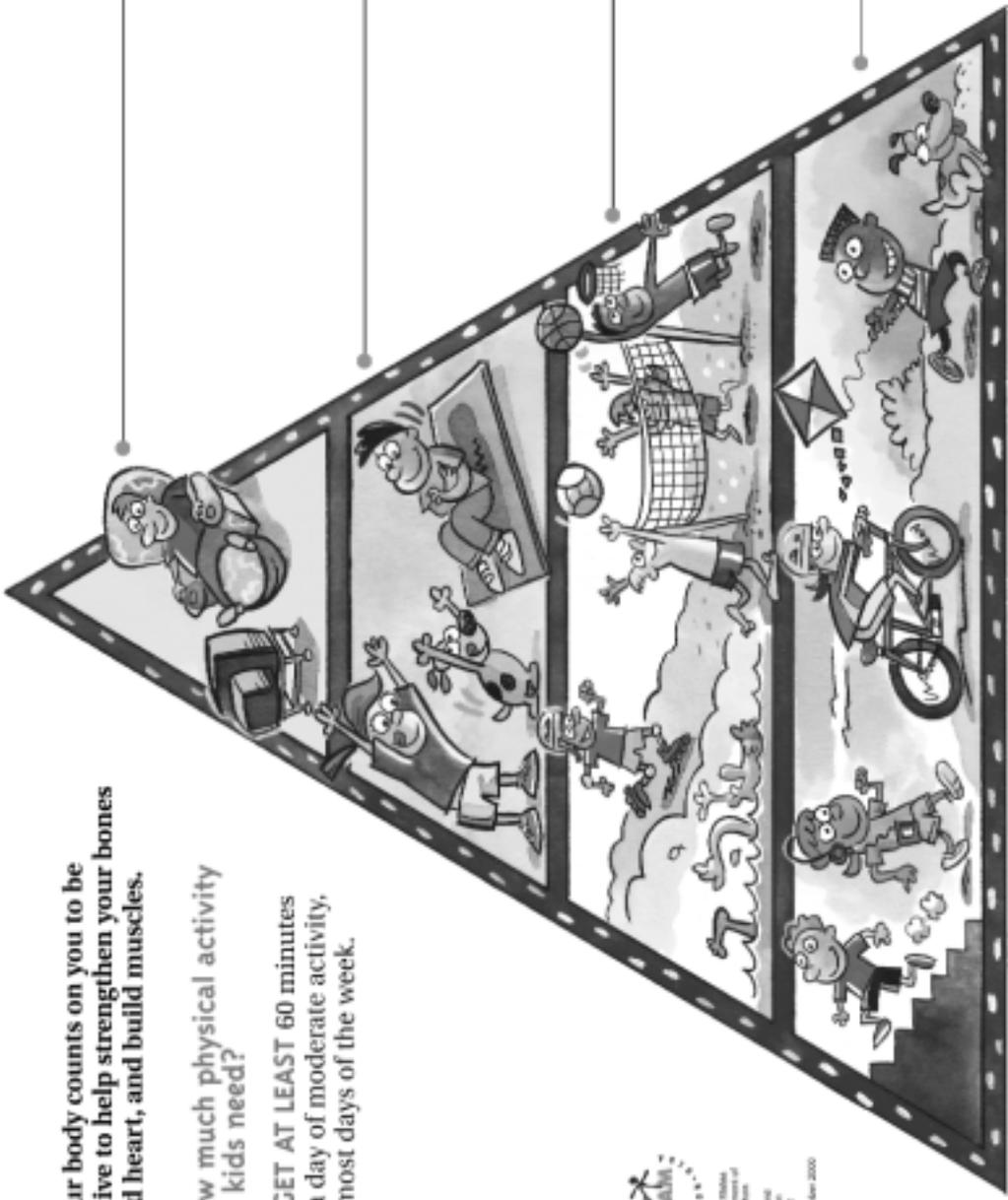
Do...

LESS
Spend less time sitting around watching TV or using the computer.

ENOUGH
Do enough strengthening activities to keep your muscles firm.

MORE
Do more intense activities that warm you up and make you glow!

PLENTY
Walk, wiggle, dance, climb the stairs. Just keep moving whenever you can.



TEAM
 Utah State Department of Agriculture
 Health and Nutrition Services
 December 2000

Illustration by [unreadable] and [unreadable].



READ IT *before you EAT IT!*

How many servings are you eating?



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%

* Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Get What You Need!

Get LESS

5% or less is low

20% or more is high

Get ENOUGH

5% or less is low

20% or more is high



What food would have this Nutrition Facts label? Answer below!

What's the Best Choice for You?

Use the 5%-20% Guide to Daily Values to choose foods.

Non-Dairy	Dairy (Original)	Dairy (Cocoa Powder)	Vegetables	Proteins	Proteins (Dry-Beef)	Grains (Wheat)	Grains (Corn)	Grains (Rice)
Nutrition Facts								

*Percent Daily Values are based on a diet of 2,000 calories a day.

How do your choices stack up? The plus or minus signs in the serving sizes from the five major food groups of the Food Guide Pyramid. The percentage of food choices shown the percentage the Pyramid for us show that a bread, an apple, a banana, and a glass of milk, for example, each help and are from many of the servings of food.

www.florida.gov/health

FIGHT BAC!



 <p>CLEAN Wash hands and surfaces often.</p>	<p>SEPARATE Don't cross-contaminate.</p> 
<p>CHILL Refrigerate promptly.</p> 	<p>COOK Cook to proper temperatures.</p> 

Keep Food Safe From Bacteria™

For More Food Safety Information, Visit our Website:
<http://schoolmeals.nal.usda.gov>

Nutrition Facts Cards

1. BLANK LABEL
2. Apple
3. Apple pie
4. Apricot, dried
5. Avocado
6. Bacon
7. Bagel
8. Banana
9. Beans, kidney, canned
10. Beef, roast, lean
11. Beef patty, broiled
12. Beef, steak
13. Bell pepper slices
14. Bread, pita
15. Bread, white
16. Bread, whole wheat
17. Biscuit
18. Broccoli, cooked
19. Broccoli, raw
20. Burrito, bean
21. Butter
22. Cabbage, raw
23. Cake frosting
24. Cake with frosting
25. Cake, angel food
26. Candy, chocolate bar
27. Candy, gumdrops
28. Candy, hard
29. Candy, peppermint patty
30. Candy, red licorice
31. Cantaloupe
32. Carrots, canned
33. Carrots, raw
34. Carrots, raw, mini
35. Cereal, corn flakes
36. Cereal, corn flakes, sweetened
37. Cereal, fruit scoops
38. Cereal, granola style
39. Cereal, oatmeal
40. Cheese, American
41. Cheese, cheddar, shredded
42. Cheese, cottage 2%
43. Cheese, cream
44. Cheese, mozzarella, part skim
45. Cheese, Parmesan, grated
46. Cheese, whipped cream
47. Chicken breast, baked, skinless
48. Chicken breast, baked with skin
49. Chicken breast, fried with skin
50. Chili without beans
51. Chili, meatless (vegetarian)
52. Cookies, chocolate chip
53. Cookies, fat free
54. Coconut, shredded
55. Coleslaw, creamy style
56. Corn
57. Corn bread
58. Deli meat, bologna
59. Doughnut, glazed
60. Egg, hard cooked
61. Fish sticks
62. Fish, baked
63. Frozen fruit-juice bar
64. Fruit drink, orange w/10% juice
65. Fruit juice, apple
66. Fruit juice, grape
67. Fruit juice, orange
68. Fruit juice, orange with calcium
69. Fruit juice, pineapple
70. Fruit juice, tomato
71. Fruit punch drink
72. Graham crackers, honey
73. Grapes
74. Gravy
75. Green beans
76. Green bean casserole
77. Ham, roasted
78. Hamburger bun
79. Honey
80. Hot dog without bun
81. Hushpuppies
82. Ice cream, lowfat vanilla
83. Ice cream, vanilla
84. Ice Popsicle
85. Iced tea, sweetened
86. Jelly

Continued on next page

Nutrition Facts Cards *Continued*

87. Kiwi fruit
88. Lentils, boiled
89. Lettuce, romaine
90. Mango
91. Margarine, stick
92. Margarine, tub (soft)
93. Mayonnaise-type salad dressing
94. Milk, 0% fat free
95. Milk, 1% lowfat
96. Milk, 1% lowfat chocolate
97. Milk, 1% lowfat strawberry
98. Milk, 2% reduced fat
99. Milk, 3.3% whole
100. Muffin, plain
101. Mushrooms
102. Noodles, egg, cooked
103. Nuts, mixed
104. Nuts, peanuts
105. Oil, vegetable
106. Okra
107. Orange
108. Pasta with Alfredo sauce
109. Pasta with tomato basil sauce
110. Pastry, Danish
111. Peach halves, canned in light syrup
112. Peanut butter, smooth
113. Pear halves, canned in juice
114. Peas
115. Peas with butter sauce, frozen
116. Pineapple chunks, canned in juice
117. Pizza, cheese
118. Pizza, pepperoni
119. Popcorn, microwave
120. Popcorn, buttered
121. Pork loin chop, lean, broiled
122. Pork, spareribs
123. Potato chips
124. Potato, baked
125. Potato, French fries, small
126. Potato, French fries, super size
127. Potato, hash browns
128. Pretzels, tiny twists
129. Pudding, chocolate cup
130. Pudding snacks, rice style
131. Raisins
132. Rice, fried
133. Rice, plain, boiled
134. Salad dressing, fat free
135. Salad dressing, French
136. Salad dressing, Italian
137. Salad dressing, lowfat
138. Salad greens
139. Salsa, home style
140. Sauce, cheese
141. Sauce, prepared spaghetti
142. Sauce, tartar
143. Shake, vanilla
144. Soda, cola
145. Soda, low-calorie cola
146. Soda, low-calorie orange
147. Soda, orange
148. Soda, root beer
149. Sour cream
150. Spinach, boiled
151. Sports drink
152. Strawberries
153. Sweet potato, canned
154. Toaster pastry, fruit
155. Tomato
156. Tortilla chips
157. Tortilla, corn
158. Tortilla, flour
159. Vegetable soup, chunky
160. Waffle, plain, frozen
161. Watermelon
162. Whipped cream
163. Whipped cream topping
164. Yogurt, fat free
165. Yogurt, fruit flavored
166. Yogurt, lowfat vanilla
167. Yogurt, lowfat with fruit
168. Yogurt, soft-serve vanilla, frozen
169. Yogurt, soft-serve strawberry, frozen
170. Zucchini

Nutrition Facts Cards

Look for Nutrition Facts labels on all packaged and processed foods in the supermarket.

- Nutrition Facts do not appear on all foods, such as fresh bakery products, some food items sold individually, and foods at restaurants and concession stands.
- Supermarkets do display the nutrient content of a good number of fresh fruits and vegetables, and fresh seafood and meats.

1. BLANK LABEL

Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
%Daily Value*	
Total Fat g	%
Saturated Fat g	%
Cholesterol mg	%
Sodium mg	%
Total Carbohydrate g	%
Dietary Fiber g	%
Sugars g	
Protein g	
Vitamin A %	• Vitamin C %
Calcium %	• Iron %

* Percent Daily Values are based on a 2,000 calorie diet.

2. Apple

Nutrition Facts	
Serving Size 1 apple (138g)	
Servings Per Container 10	
Amount Per Serving	
Calories 80	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 21g	7 %
Dietary Fiber 4g	15 %
Sugars 18g	
Protein 0g	
Vitamin A 0%	• Vitamin C 15%
Calcium 0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

3. Apple pie

Nutrition Facts	
Serving Size 1 snack pie (128g)	
Servings Per Container 1	
Amount Per Serving	
Calories 480	Calories from Fat 200
%Daily Value*	
Total Fat 22g	34 %
Saturated Fat 9g	45 %
Cholesterol 160mg	53 %
Sodium 390mg	16 %
Total Carbohydrate 67g	22 %
Dietary Fiber 2g	8 %
Sugars 36g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

4. Apricot, dried

Nutrition Facts	
Serving Size 5 (1/4 cup) (30g)	
Servings Per Container 10	
Amount Per Serving	
Calories 100	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 25g	8 %
Dietary Fiber 0g	0 %
Sugars 12g	
Protein 1g	
Vitamin A 80%	• Vitamin C 4%
Calcium 0%	• Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

5. Avocado

Nutrition Facts	
Serving Size 1 slice (1/5 avocado)(29g)	
Servings Per Container 5	
Amount Per Serving	
Calories 50	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8 %
Saturated Fat 1g	4 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 2g	1 %
Dietary Fiber 1g	6 %
Sugars 0g	
Protein 1g	
Vitamin A 4%	• Vitamin C 4%
Calcium 0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



Nutrition Facts Cards

6. Bacon

Nutrition Facts		
Serving Size 2 slices (13g)		
Servings Per Container 10		
Amount Per Serving		
Calories	70	Calories from Fat 60
%Daily Value*		
Total Fat	6g	10 %
Saturated Fat	2.5g	11 %
Cholesterol	10mg	4 %
Sodium	210mg	9 %
Total Carbohydrate	0g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	4g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

7. Bagel

Nutrition Facts		
Serving Size 1 bagel (71g)		
Servings Per Container 5		
Amount Per Serving		
Calories	200	Calories from Fat 10
%Daily Value*		
Total Fat	1g	2 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	380mg	16 %
Total Carbohydrate	38g	13 %
Dietary Fiber	2g	7 %
Sugars	2g	
Protein	7g	
Vitamin A	0%	Vitamin C 0%
Calcium	6%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

8. Banana

Nutrition Facts		
Serving Size 1 banana (118g)		
Servings Per Container 6		
Amount Per Serving		
Calories	110	Calories from Fat 5
%Daily Value*		
Total Fat	0.5g	1 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	28g	9 %
Dietary Fiber	3g	11 %
Sugars	18g	
Protein	1g	
Vitamin A	0%	Vitamin C 20%
Calcium	0%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

9. Beans, kidney, canned

Nutrition Facts		
Serving Size 1/2 cup (128g)		
Servings Per Container 4		
Amount Per Serving		
Calories	110	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	440mg	18 %
Total Carbohydrate	20g	7 %
Dietary Fiber	8g	33 %
Sugars	3g	
Protein	7g	
Vitamin A	0%	Vitamin C 2%
Calcium	4%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

10. Beef, roast, lean

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 10		
Amount Per Serving		
Calories	150	Calories from Fat 40
%Daily Value*		
Total Fat	4.5g	7 %
Saturated Fat	1.5g	8 %
Cholesterol	60mg	20 %
Sodium	55mg	2 %
Total Carbohydrate	0g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	24g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

11. Beef patty, broiled

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 6		
Amount Per Serving		
Calories	230	Calories from Fat 140
%Daily Value*		
Total Fat	16g	24 %
Saturated Fat	6g	31 %
Cholesterol	75mg	25 %
Sodium	65mg	3 %
Total Carbohydrate	0g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	21g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.



Nutrition Facts Cards

12. Beef, steak

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 4	
Amount Per Serving	
Calories 170	Calories from Fat 60
%Daily Value*	
Total Fat 7g	11 %
Saturated Fat 3g	14 %
Cholesterol 55mg	18 %
Sodium 55mg	2 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 25g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

13. Bell pepper slices

Nutrition Facts	
Serving Size 5 slices (1/2 cup)(75g)	
Servings Per Container 4	
Amount Per Serving	
Calories 20	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 5g	2 %
Dietary Fiber 1g	5 %
Sugars 2g	
Protein 1g	
Vitamin A 10%	Vitamin C 110%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

14. Bread, pita

Nutrition Facts	
Serving Size 1 pita (60g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 5
%Daily Value*	
Total Fat 0.5g	1 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 320mg	13 %
Total Carbohydrate 33g	11 %
Dietary Fiber 1g	5 %
Sugars 3g	
Protein 5g	
Vitamin A 10%	Vitamin C 0%
Calcium 6%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

15. Bread, white

Nutrition Facts	
Serving Size 1 slice (34g)	
Servings Per Container 108	
Amount Per Serving	
Calories 90	Calories from Fat 15
%Daily Value*	
Total Fat 1.5g	2 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 140mg	6 %
Total Carbohydrate 16g	5 %
Dietary Fiber 1g	0 %
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

16. Bread, whole wheat

Nutrition Facts	
Serving Size 1 slice (50g)	
Servings Per Container 15	
Amount Per Serving	
Calories 140	Calories from Fat 30
%Daily Value*	
Total Fat 3g	5 %
Saturated Fat 0.5g	3 %
Cholesterol 0mg	0 %
Sodium 340mg	14 %
Total Carbohydrate 24g	8 %
Dietary Fiber 3g	14 %
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

17. Biscuit

Nutrition Facts	
Serving Size 2 biscuits (70g)	
Servings Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 100
%Daily Value*	
Total Fat 12g	18 %
Saturated Fat 1.5g	9 %
Cholesterol 0mg	0 %
Sodium 740mg	31 %
Total Carbohydrate 34g	11 %
Dietary Fiber 1g	0 %
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

18. Broccoli, cooked

Nutrition Facts	
Serving Size 1/2 cup (92g)	
Servings Per Container 6	
Amount Per Serving	
Calories 25	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 20mg	1 %
Total Carbohydrate 5g	2 %
Dietary Fiber 3g	11 %
Sugars 1g	
Protein 3g	
Vitamin A 35%	Vitamin C 60%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

19. Broccoli, raw

Nutrition Facts	
Serving Size 1/2 cup (82g)	
Servings Per Container 1	
Amount Per Serving	
Calories 25	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 20mg	1 %
Total Carbohydrate 4g	1 %
Dietary Fiber 2g	8 %
Sugars 1g	
Protein 2g	
Vitamin A 20%	Vitamin C 50%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

20. Burrito, bean

Nutrition Facts	
Serving Size 1 burrito (198g)	
Servings Per Container 1	
Amount Per Serving	
Calories 380	Calories from Fat 110
%Daily Value*	
Total Fat 12g	18 %
Saturated Fat 4g	20 %
Cholesterol 10mg	3 %
Sodium 1100mg	46 %
Total Carbohydrate 55g	18 %
Dietary Fiber 13g	52 %
Sugars 3g	
Protein 13g	
Vitamin A 45%	Vitamin C 0%
Calcium 15%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

21. Butter

Nutrition Facts	
Serving Size 1 tbsp (15g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 110
%Daily Value*	
Total Fat 12g	19 %
Saturated Fat 8g	38 %
Cholesterol 35mg	11 %
Sodium 125mg	5 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 0g	
Vitamin A 10%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

22. Cabbage, raw

Nutrition Facts	
Serving Size 1 cup (85g)	
Servings Per Container 6	
Amount Per Serving	
Calories 25	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 25mg	1 %
Total Carbohydrate 6g	2 %
Dietary Fiber 2g	8 %
Sugars 3g	
Protein 1g	
Vitamin A 8%	Vitamin C 60%
Calcium 4%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

23. Cake frosting

Nutrition Facts	
Serving Size 2 tbsp (40g)	
Servings Per Container 10	
Amount Per Serving	
Calories 160	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7 %
Saturated Fat 1g	4 %
Cholesterol 0mg	0 %
Sodium 90mg	4 %
Total Carbohydrate 32g	11 %
Dietary Fiber 0g	0 %
Sugars 28g	
Protein 0g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

24. Cake with frosting

Nutrition Facts	
Serving Size 1 slice (66g)	
Servings Per Container 10	
Amount Per Serving	
Calories 250	Calories from Fat 90
%Daily Value*	
Total Fat 10g	16 %
Saturated Fat 3g	14 %
Cholesterol 5mg	0 %
Sodium 190mg	8 %
Total Carbohydrate 39g	13 %
Dietary Fiber 1g	0 %
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

25. Cake, angel food

Nutrition Facts	
Serving Size 1 slice (50g)	
Servings Per Container 10	
Amount Per Serving	
Calories 130	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 250mg	11 %
Total Carbohydrate 29g	10 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

26. Candy, chocolate bar

Nutrition Facts	
Serving Size 1 candy bar (46g)	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 110
%Daily Value*	
Total Fat 12g	18 %
Saturated Fat 7g	37 %
Cholesterol 10mg	3 %
Sodium 35mg	1 %
Total Carbohydrate 30g	10 %
Dietary Fiber 1g	4 %
Sugars 27g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

27. Candy, gumdrops

Nutrition Facts	
Serving Size 6 gumdrops (5g)	
Servings Per Container 10	
Amount Per Serving	
Calories 20	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 5g	2 %
Dietary Fiber 0g	0 %
Sugars 3g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

28. Candy, hard

Nutrition Facts	
Serving Size 3 candies (2g)	
Servings Per Container 10	
Amount Per Serving	
Calories 20	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 2g	1 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

29. Candy, peppermint patty

Nutrition Facts	
Serving Size 1 patty (42g)	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 35
%Daily Value*	
Total Fat 4g	6 %
Saturated Fat 2.5g	13 %
Cholesterol 0mg	0 %
Sodium 10mg	1 %
Total Carbohydrate 32g	11 %
Dietary Fiber 1g	4 %
Sugars 23g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

30. Candy, red licorice

Nutrition Facts	
Serving Size 1 strip (9g)	
Servings Per Container 8	
Amount Per Serving	
Calories 30	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 20mg	1 %
Total Carbohydrate 6g	2 %
Dietary Fiber 0g	0 %
Sugars 4g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

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LOW=5% or less
HIGH=20% or more
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31. Cantaloupe

Nutrition Facts	
Serving Size 1/4 melon (157g)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 30mg	1 %
Total Carbohydrate 12g	4 %
Dietary Fiber 2g	7 %
Sugars 14g	
Protein 1g	
Vitamin A 120% • Vitamin C 100%	
Calcium 2% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

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LOW=5% or less
HIGH=20% or more
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32. Carrots, canned

Nutrition Facts	
Serving Size 1/2 cup (73g)	
Servings Per Container 4	
Amount Per Serving	
Calories 20	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 30mg	1 %
Total Carbohydrate 4g	1 %
Dietary Fiber 1g	4 %
Sugars 2g	
Protein 0g	
Vitamin A 200% • Vitamin C 4%	
Calcium 0% • Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.

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LOW=5% or less
HIGH=20% or more
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33. Carrots, raw

Nutrition Facts	
Serving Size 2/3 cup (89g)	
Servings Per Container 6	
Amount Per Serving	
Calories 40	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 45mg	2 %
Total Carbohydrate 9g	3 %
Dietary Fiber 3g	11 %
Sugars 5g	
Protein 1g	
Vitamin A 460% • Vitamin C 8%	
Calcium 2% • Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.

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LOW=5% or less
HIGH=20% or more
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34. Carrots, raw, mini

Nutrition Facts	
Serving Size 2/3 cup (85g)	
Servings Per Container 4	
Amount Per Serving	
Calories 35	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 45mg	2 %
Total Carbohydrate 6g	2 %
Dietary Fiber 2g	8 %
Sugars 3g	
Protein 1g	
Vitamin A 200% • Vitamin C 2%	
Calcium 2% • Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.

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LOW=5% or less
HIGH=20% or more
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35. Cereal, corn flakes

Nutrition Facts	
Serving Size 1 cup (25g)	
Servings Per Container 13	
Amount Per Serving	
Calories 100	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 240mg	10 %
Total Carbohydrate 22g	7 %
Dietary Fiber 0g	0 %
Sugars 2g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet.

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LOW=5% or less
HIGH=20% or more
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Nutrition Facts Cards

36. Cereal, corn flakes, sweetened

Nutrition Facts		
Serving Size 3/4 cup (29g)		
Servings Per Container 13		
Amount Per Serving		
Calories 110		
%Daily Value*		
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 190mg		8 %
Total Carbohydrate 26g		9 %
Dietary Fiber 1g		0 %
Sugars 12g		
Protein 2g		
Vitamin A 25%	•	Vitamin C 25%
Calcium 0%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

37. Cereal, fruit scoops

Nutrition Facts		
Serving Size 1 cup (32g)		
Servings Per Container 13		
Amount Per Serving		
Calories 120	Calories from Fat 10	
%Daily Value*		
Total Fat 1g		2 %
Saturated Fat 0.5g		3 %
Cholesterol 0mg		0 %
Sodium 150mg		6 %
Total Carbohydrate 28g		9 %
Dietary Fiber 1g		4 %
Sugars 15g		
Protein 2g		
Vitamin A 15%	•	Vitamin C 25%
Calcium 0%	•	Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

38. Cereal, granola style

Nutrition Facts		
Serving Size 1/2 cup (61g)		
Servings Per Container 10		
Amount Per Serving		
Calories 280	Calories from Fat 140	
%Daily Value*		
Total Fat 15g		23 %
Saturated Fat 3g		14 %
Cholesterol 0mg		0 %
Sodium 15mg		1 %
Total Carbohydrate 32g		11 %
Dietary Fiber 6g		26 %
Sugars 17g		
Protein 9g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

39. Cereal, oatmeal

Nutrition Facts		
Serving Size 1 cup (234g)		
Servings Per Container 10		
Amount Per Serving		
Calories 150	Calories from Fat 20	
%Daily Value*		
Total Fat 2.5g		4 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 25g		8 %
Dietary Fiber 4g		16 %
Sugars 1g		
Protein 6g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

40. Cheese, American

Nutrition Facts		
Serving Size 1 ounce (55g)		
Servings Per Container 16		
Amount Per Serving		
Calories 210	Calories from Fat 150	
%Daily Value*		
Total Fat 17g		26 %
Saturated Fat 11g		54 %
Cholesterol 50mg		17 %
Sodium 790mg		33 %
Total Carbohydrate 1g		0 %
Dietary Fiber 0g		0 %
Sugars 1g		
Protein 12g		
Vitamin A 15%	•	Vitamin C 0%
Calcium 35%	•	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

41. Cheese, cheddar, shredded

Nutrition Facts		
Serving Size 1/4 cup (28g)		
Servings Per Container 8		
Amount Per Serving		
Calories 110	Calories from Fat 80	
%Daily Value*		
Total Fat 9g		14 %
Saturated Fat 6g		30 %
Cholesterol 30mg		10 %
Sodium 170mg		7 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 1g		
Protein 7g		
Vitamin A 6%	•	Vitamin C 0%
Calcium 20%	•	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

42. Cheese, cottage 2%

Nutrition Facts	
Serving Size 1/4 cup (113g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 20
%Daily Value*	
Total Fat 2g	3 %
Saturated Fat 1.5g	7 %
Cholesterol 10mg	3 %
Sodium 460mg	19 %
Total Carbohydrate 4g	1 %
Dietary Fiber 0g	0 %
Sugars 4g	
Protein 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

43. Cheese, cream

Nutrition Facts	
Serving Size 2 tbsp (29g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 90
%Daily Value*	
Total Fat 10g	16 %
Saturated Fat 6g	32 %
Cholesterol 30mg	11 %
Sodium 85mg	4 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 2g	
Vitamin A 8%	Vitamin C 0%
Calcium 2%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

44. Cheese, mozzarella, part skim

Nutrition Facts	
Serving Size 1 ounce (28g)	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7 %
Saturated Fat 3g	14 %
Cholesterol 15mg	5 %
Sodium 130mg	5 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 7g	
Vitamin A 4%	Vitamin C 0%
Calcium 20%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

45. Cheese, Parmesan, grated

Nutrition Facts	
Serving Size 1 tbsp (5g)	
Servings Per Container 32	
Amount Per Serving	
Calories 25	Calories from Fat 15
%Daily Value*	
Total Fat 1.5g	2 %
Saturated Fat 1g	5 %
Cholesterol 5mg	0 %
Sodium 95mg	4 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

46. Cheese, whipped cream

Nutrition Facts	
Serving Size 2 tbsp (21g)	
Servings Per Container 18	
Amount Per Serving	
Calories 70	Calories from Fat 60
%Daily Value*	
Total Fat 7g	11 %
Saturated Fat 4.5g	23 %
Cholesterol 25mg	8 %
Sodium 85mg	4 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 1g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

47. Chicken breast, baked, skinless

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 2	
Amount Per Serving	
Calories 140	Calories from Fat 25
%Daily Value*	
Total Fat 3g	5 %
Saturated Fat 1g	4 %
Cholesterol 70mg	24 %
Sodium 65mg	3 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 26g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

48. Chicken breast, baked with skin

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 2	
Amount Per Serving	
Calories 170	Calories from Fat 60
%Daily Value*	
Total Fat 7g	10 %
Saturated Fat 2g	9 %
Cholesterol 70mg	24 %
Sodium 60mg	3 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 25g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

49. Chicken breast, fried with skin

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 70
%Daily Value*	
Total Fat 8g	12 %
Saturated Fat 2g	10 %
Cholesterol 75mg	25 %
Sodium 65mg	3 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 27g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

50. Chili without beans

Nutrition Facts	
Serving Size 1 cup (130g)	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 60
%Daily Value*	
Total Fat 7g	11 %
Saturated Fat 2.5g	13 %
Cholesterol 30mg	10 %
Sodium 670mg	28 %
Total Carbohydrate 14g	5 %
Dietary Fiber 4g	15 %
Sugars 0g	
Protein 11g	
Vitamin A 10%	Vitamin C 20%
Calcium 4%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

51. Chili, meatless (vegetarian)

Nutrition Facts	
Serving Size 1 cup (240g)	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 320mg	13 %
Total Carbohydrate 28g	9 %
Dietary Fiber 12g	48 %
Sugars 7g	
Protein 13g	
Vitamin A 100%	Vitamin C 20%
Calcium 4%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

52. Cookies, chocolate chip

Nutrition Facts	
Serving Size 3 cookies (36g)	
Servings Per Container 18	
Amount Per Serving	
Calories 170	Calories from Fat 70
%Daily Value*	
Total Fat 8g	12 %
Saturated Fat 2.5g	12 %
Cholesterol 5mg	0 %
Sodium 125mg	5 %
Total Carbohydrate 23g	8 %
Dietary Fiber 1g	0 %
Sugars 14g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

53. Cookies, fat free

Nutrition Facts	
Serving Size 2 cookies (29g)	
Servings Per Container 10	
Amount Per Serving	
Calories 100	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 60mg	3 %
Total Carbohydrate 24g	8 %
Dietary Fiber 1g	4 %
Sugars 14g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

54. Coconut, shredded

Nutrition Facts		
Serving Size 2 tbsp (12g)		
Servings Per Container 8		
Amount Per Serving		
Calories 60	Calories from Fat 40	
%Daily Value*		
Total Fat 4.5g		7 %
Saturated Fat 4g		19 %
Cholesterol 0mg		0 %
Sodium 30mg		1 %
Total Carbohydrate 6g		2 %
Dietary Fiber 1g		0 %
Sugars 4g		
Protein 0g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

55. Coleslaw, creamy style

Nutrition Facts		
Serving Size 3/4 cup (90g)		
Servings Per Container 4		
Amount Per Serving		
Calories 60	Calories from Fat 20	
%Daily Value*		
Total Fat 2.5g		4 %
Saturated Fat 0g		0 %
Cholesterol 5mg		2 %
Sodium 20mg		1 %
Total Carbohydrate 11g		4 %
Dietary Fiber 1g		5 %
Sugars 0g		
Protein 1g		
Vitamin A 10%	•	Vitamin C 50%
Calcium 4%	•	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

56. Corn

Nutrition Facts		
Serving Size 1/2 cup (125g)		
Servings Per Container 4		
Amount Per Serving		
Calories 90	Calories from Fat 10	
%Daily Value*		
Total Fat 1g		2 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 360mg		15 %
Total Carbohydrate 18g		6 %
Dietary Fiber 3g		12 %
Sugars 6g		
Protein 2g		
Vitamin A 0%	•	Vitamin C 6%
Calcium 0%	•	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

57. Corn bread

Nutrition Facts		
Serving Size 1 piece (65g)		
Servings Per Container 8		
Amount Per Serving		
Calories 170	Calories from Fat 40	
%Daily Value*		
Total Fat 4.5g		7 %
Saturated Fat 1g		5 %
Cholesterol 25mg		9 %
Sodium 430mg		18 %
Total Carbohydrate 28g		9 %
Dietary Fiber 1g		6 %
Sugars 1g		
Protein 4g		
Vitamin A 4%	•	Vitamin C 0%
Calcium 15%	•	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

58. Deli meat, bologna

Nutrition Facts		
Serving Size 1 slice (28g)		
Servings Per Container 18		
Amount Per Serving		
Calories 90	Calories from Fat 70	
%Daily Value*		
Total Fat 8g		12 %
Saturated Fat 3.5g		18 %
Cholesterol 20mg		7 %
Sodium 310mg		13 %
Total Carbohydrate 1g		0 %
Dietary Fiber 0g		0 %
Sugars 1g		
Protein 3g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

59. Doughnut, glazed

Nutrition Facts		
Serving Size 1 doughnut (60g)		
Servings Per Container 6		
Amount Per Serving		
Calories 240	Calories from Fat 120	
%Daily Value*		
Total Fat 14g		21 %
Saturated Fat 3.5g		17 %
Cholesterol 5mg		0 %
Sodium 210mg		9 %
Total Carbohydrate 27g		9 %
Dietary Fiber 1g		0 %
Sugars 10g		
Protein 4g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

60. Egg, hard cooked

Nutrition Facts		
Serving Size 1 egg (50g)		
Servings Per Container 6		
Amount Per Serving		
Calories 80	Calories from Fat 50	
%Daily Value*		
Total Fat 5g		8 %
Saturated Fat 1.5g		8 %
Cholesterol 210mg		71 %
Sodium 60mg		3 %
Total Carbohydrate 1g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 6g		
Vitamin A 6%	•	Vitamin C 0%
Calcium 2%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

61. Fish sticks

Nutrition Facts		
Serving Size 6 fishsticks (95g)		
Servings Per Container 4		
Amount Per Serving		
Calories 250	Calories from Fat 130	
%Daily Value*		
Total Fat 14g		22 %
Saturated Fat 2.5g		13 %
Cholesterol 20mg		7 %
Sodium 430mg		18 %
Total Carbohydrate 21g		7 %
Dietary Fiber 1g		4 %
Sugars 2g		
Protein 10g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

62. Fish, baked

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 4		
Amount Per Serving		
Calories 150	Calories from Fat 60	
%Daily Value*		
Total Fat 6g		10 %
Saturated Fat 1g		5 %
Cholesterol 65mg		22 %
Sodium 55mg		2 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 21g		
Vitamin A 2%	•	Vitamin C 0%
Calcium 2%	•	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

63. Frozen fruit-juice bar

Nutrition Facts		
Serving Size 1 juice bar (92g)		
Servings Per Container 10		
Amount Per Serving		
Calories 80		
%Daily Value*		
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 19g		6 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 15%
Calcium 0%	•	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

64. Fruit drink, orange w/10% juice

Nutrition Facts		
Serving Size 12 FL OZ (240g)		
Servings Per Container 1		
Amount Per Serving		
Calories 120		
%Daily Value*		
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 30mg		1 %
Total Carbohydrate 31g		10 %
Dietary Fiber 0g		0 %
Sugars 29g		
Protein 0g		
Vitamin A 0%	•	Vitamin C 70%
Calcium 0%	•	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

65. Fruit juice, apple

Nutrition Facts		
Serving Size 8 FL OZ (248g)		
Servings Per Container 8		
Amount Per Serving		
Calories 120		
%Daily Value*		
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 5mg		0 %
Total Carbohydrate 29g		10 %
Dietary Fiber 0g		0 %
Sugars 27g		
Protein 0g		
Vitamin A 0%	•	Vitamin C 4%
Calcium 0%	•	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

66. Fruit juice, grape

Nutrition Facts	
Serving Size 8 FL OZ (240g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 10mg	0 %
Total Carbohydrate 32g	11 %
Dietary Fiber 0g	0 %
Sugars 30g	
Protein 1g	
Vitamin A 0% • Vitamin C 100%	
Calcium 0% • Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.

67. Fruit juice, orange

Nutrition Facts	
Serving Size 8 FL OZ (249g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 26g	9 %
Dietary Fiber 0g	0 %
Sugars 22g	
Protein 1g	
Vitamin A 0% • Vitamin C 50%	
Calcium 2% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

68. Fruit juice, orange with calcium

Nutrition Facts	
Serving Size 8 FL OZ (249g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 26g	9 %
Dietary Fiber 0g	0 %
Sugars 22g	
Protein 2g	
Vitamin A 0% • Vitamin C 180%	
Calcium 35% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

69. Fruit juice, pineapple

Nutrition Facts	
Serving Size 8 FL OZ (250g)	
Servings Per Container 8	
Amount Per Serving	
Calories 140	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 34g	11 %
Dietary Fiber 1g	0 %
Sugars 31g	
Protein 1g	
Vitamin A 0% • Vitamin C 45%	
Calcium 4% • Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet.

70. Fruit juice, tomato

Nutrition Facts	
Serving Size 5.5 FL OZ (163g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 380mg	16 %
Total Carbohydrate 5g	2 %
Dietary Fiber 0g	0 %
Sugars 5g	
Protein 2g	
Vitamin A 20% • Vitamin C 100%	
Calcium 0% • Iron 10%	

* Percent Daily Values are based on a 2,000 calorie diet.

71. Fruit punch drink

Nutrition Facts	
Serving Size 8 FL OZ (248g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 55mg	2 %
Total Carbohydrate 30g	10 %
Dietary Fiber 0g	0 %
Sugars 29g	
Protein 0g	
Vitamin A 0% • Vitamin C 120%	
Calcium 0% • Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.



Nutrition Facts Cards

72. Graham crackers, honey

Nutrition Facts		
Serving Size 4 crackers (28g)		
Servings Per Container 12		
Amount Per Serving		
Calories	120	Calories from Fat 25
%Daily Value*		
Total Fat	3g	4 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	170mg	7 %
Total Carbohydrate	22g	7 %
Dietary Fiber	1g	0 %
Sugars	5g	
Protein	2g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

73. Grapes

Nutrition Facts		
Serving Size 1 cup (160g)		
Servings Per Container 5		
Amount Per Serving		
Calories	110	Calories from Fat 10
%Daily Value*		
Total Fat	1g	1 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	28g	9 %
Dietary Fiber	2g	6 %
Sugars	29g	
Protein	1g	
Vitamin A	2%	• Vitamin C 30%
Calcium	0%	• Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

74. Gravy

Nutrition Facts		
Serving Size 1/4 cup (58g)		
Servings Per Container 8		
Amount Per Serving		
Calories	30	Calories from Fat 10
%Daily Value*		
Total Fat	1.5g	2 %
Saturated Fat	0.5g	3 %
Cholesterol	0mg	0 %
Sodium	320mg	14 %
Total Carbohydrate	3g	1 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	2g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

75. Green beans

Nutrition Facts		
Serving Size 2/3 cup (90g)		
Servings Per Container 3.3		
Amount Per Serving		
Calories	20	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	240mg	10 %
Total Carbohydrate	4g	1 %
Dietary Fiber	2g	7 %
Sugars	1g	
Protein	1g	
Vitamin A	6%	• Vitamin C 8%
Calcium	2%	• Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

76. Green bean casserole

Nutrition Facts		
Serving Size 2/3 cup (109g)		
Servings Per Container 6		
Amount Per Serving		
Calories	130	Calories from Fat 80
%Daily Value*		
Total Fat	9g	14 %
Saturated Fat	4.5g	23 %
Cholesterol	15mg	5 %
Sodium	510mg	21 %
Total Carbohydrate	10g	3 %
Dietary Fiber	2g	8 %
Sugars	2g	
Protein	2g	
Vitamin A	8%	• Vitamin C 8%
Calcium	4%	• Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

77. Ham, roasted

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 18		
Amount Per Serving		
Calories	150	Calories from Fat 70
%Daily Value*		
Total Fat	8g	12 %
Saturated Fat	2.5g	13 %
Cholesterol	50mg	17 %
Sodium	1280mg	53 %
Total Carbohydrate	0g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	19g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

78. Hamburger bun

Nutrition Facts		
Serving Size 1 bun (43g)		
Servings Per Container 8		
Amount Per Serving		
Calories	120	Calories from Fat 20
%Daily Value*		
Total Fat	2g	3 %
Saturated Fat	0.5g	3 %
Cholesterol	0mg	0 %
Sodium	240mg	10 %
Total Carbohydrate	22g	7 %
Dietary Fiber	1g	5 %
Sugars	3g	
Protein	4g	
Vitamin A	0%	• Vitamin C 0%
Calcium	6%	• Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

79. Honey

Nutrition Facts		
Serving Size 1 tbsp (21g)		
Servings Per Container 18		
Amount Per Serving		
Calories	60	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	17g	6 %
Dietary Fiber	0g	0 %
Sugars	17g	
Protein	0g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

80. Hot dog without bun

Nutrition Facts		
Serving Size 1 hot dog (76g)		
Servings Per Container 1		
Amount Per Serving		
Calories	240	Calories from Fat 200
%Daily Value*		
Total Fat	22g	34 %
Saturated Fat	9g	45 %
Cholesterol	45mg	15 %
Sodium	690mg	29 %
Total Carbohydrate	1g	0 %
Dietary Fiber	0g	0 %
Sugars	1g	
Protein	9g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

81. Hushpuppies

Nutrition Facts		
Serving Size 1 piece (23g)		
Servings Per Container 12		
Amount Per Serving		
Calories	60	Calories from Fat 25
%Daily Value*		
Total Fat	2.5g	4 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	25mg	1 %
Total Carbohydrate	9g	3 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	1g	
Vitamin A	0%	• Vitamin C 0%
Calcium	4%	• Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

82. Ice cream, lowfat vanilla

Nutrition Facts		
Serving Size 1/2 cup (92g)		
Servings Per Container 18		
Amount Per Serving		
Calories	170	Calories from Fat 25
%Daily Value*		
Total Fat	2.5g	4 %
Saturated Fat	1.5g	8 %
Cholesterol	20mg	7 %
Sodium	50mg	2 %
Total Carbohydrate	29g	10 %
Dietary Fiber	0g	0 %
Sugars	15g	
Protein	7g	
Vitamin A	6%	• Vitamin C 0%
Calcium	20%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

83. Ice cream, vanilla

Nutrition Facts		
Serving Size 1/2 cup (65g)		
Servings Per Container 18		
Amount Per Serving		
Calories	150	Calories from Fat 90
%Daily Value*		
Total Fat	10g	15 %
Saturated Fat	6g	30 %
Cholesterol	35mg	12 %
Sodium	30mg	1 %
Total Carbohydrate	14g	5 %
Dietary Fiber	0g	0 %
Sugars	11g	
Protein	2g	
Vitamin A	8%	• Vitamin C 0%
Calcium	6%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

84. Ice Popsicle

Nutrition Facts		
Serving Size 1 item (59g)		
Servings Per Container 10		
Amount Per Serving		
Calories	40	
		%Daily Value*
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	5mg	0 %
Total Carbohydrate	11g	4 %
Dietary Fiber	0g	0 %
Sugars	10g	
Protein	0g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

85. Iced tea, sweetened

Nutrition Facts		
Serving Size 8 FL OZ (240g)		
Servings Per Container 1.5		
Amount Per Serving		
Calories	90	
		%Daily Value*
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	5mg	0 %
Total Carbohydrate	21g	7 %
Dietary Fiber	0g	0 %
Sugars	21g	
Protein	0g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

86. Jelly

Nutrition Facts		
Serving Size 1 tbsp (19g)		
Servings Per Container 32		
Amount Per Serving		
Calories	50	
		%Daily Value*
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	5mg	0 %
Total Carbohydrate	13g	4 %
Dietary Fiber	0g	0 %
Sugars	8g	
Protein	0g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

87. Kiwi fruit

Nutrition Facts		
Serving Size 2 kiwi fruit (154g)		
Servings Per Container 5		
Amount Per Serving		
Calories	100	Calories from Fat 10
		%Daily Value*
Total Fat	1g	2 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	22g	7 %
Dietary Fiber	5g	21 %
Sugars	16g	
Protein	2g	
Vitamin A	2%	• Vitamin C 250%
Calcium	6%	• Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

88. Lentils, boiled

Nutrition Facts		
Serving Size 1/2 cup (99g)		
Servings Per Container 4		
Amount Per Serving		
Calories	110	
		%Daily Value*
Total Fat	0g	2 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	20g	7 %
Dietary Fiber	8g	31 %
Sugars	2g	
Protein	9g	
Vitamin A	0%	• Vitamin C 2%
Calcium	0%	• Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

89. Romaine lettuce

Nutrition Facts		
Serving Size 1 1/2 cup (0g)		
Servings Per Container 6		
Amount Per Serving		
Calories	10	
		%Daily Value*
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	5mg	0 %
Total Carbohydrate	2g	1 %
Dietary Fiber	1g	6 %
Sugars	2g	
Protein	1g	
Vitamin A	45%	• Vitamin C 35%
Calcium	4%	• Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

90. Mango

Nutrition Facts	
Serving Size 1/2 mango (103g)	
Servings Per Container 2	
Amount Per Serving	
Calories 70	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 18g	6 %
Dietary Fiber 2g	7 %
Sugars 15g	
Protein 1g	
Vitamin A 80% • Vitamin C 50%	
Calcium 0% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

91. Margarine, stick

Nutrition Facts	
Serving Size 1 tbsp (14g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 100
%Daily Value*	
Total Fat 11g	17 %
Saturated Fat 2g	11 %
Cholesterol 0mg	0 %
Sodium 130mg	6 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 0g	
Vitamin A 10% • Vitamin C 0%	
Calcium 0% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

92. Margarine, tub (soft)

Nutrition Facts	
Serving Size 1 tbsp (14g)	
Servings Per Container 15	
Amount Per Serving	
Calories 100	Calories from Fat 100
%Daily Value*	
Total Fat 11g	17 %
Saturated Fat 2g	10 %
Cholesterol 0mg	0 %
Sodium 150mg	6 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 0g	
Vitamin A 10% • Vitamin C 0%	
Calcium 0% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

93. Mayonnaise-type salad dressing

Nutrition Facts	
Serving Size 1 tbsp (15g)	
Servings Per Container 28	
Amount Per Serving	
Calories 70	Calories from Fat 60
%Daily Value*	
Total Fat 7g	11 %
Saturated Fat 1g	5 %
Cholesterol 5mg	0 %
Sodium 95mg	4 %
Total Carbohydrate 2g	1 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

94. Milk, 0% fat free

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
Calories 90	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol < 5mg	0 %
Sodium 125mg	5 %
Total Carbohydrate 12g	4 %
Dietary Fiber 0g	0 %
Sugars 11g	
Protein 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

95. Milk, 1% lowfat

Nutrition Facts	
Serving Size 8 fl oz (244g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 25
%Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 1.5g	8 %
Cholesterol 10mg	3 %
Sodium 125mg	5 %
Total Carbohydrate 12g	4 %
Dietary Fiber 0g	0 %
Sugars 11g	
Protein 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

96. Milk, 1% lowfat chocolate

Nutrition Facts		
Serving Size 8 fl oz (250g)		
Servings Per Container 8		
Amount Per Serving		
Calories	160	Calories from Fat 25
%Daily Value*		
Total Fat	2.5g	4 %
Saturated Fat	1.5g	8 %
Cholesterol	5mg	2 %
Sodium	150mg	6 %
Total Carbohydrate	26g	9 %
Dietary Fiber	1g	5 %
Sugars	0g	
Protein	8g	
Vitamin A 10% • Vitamin C 4%		
Calcium 30% • Iron 4%		

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

97. Milk, 1% lowfat strawberry

Nutrition Facts		
Serving Size 8 fl oz (240g)		
Servings Per Container 8		
Amount Per Serving		
Calories	200	Calories from Fat 45
%Daily Value*		
Total Fat	5g	8 %
Saturated Fat	3g	15 %
Cholesterol	20mg	7 %
Sodium	120mg	5 %
Total Carbohydrate	32g	11 %
Dietary Fiber	0g	0 %
Sugars	32g	
Protein	8g	
Vitamin A 10% • Vitamin C 0%		
Calcium 25% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

98. Milk, 2% reduced fat

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 8		
Amount Per Serving		
Calories	120	Calories from Fat 40
%Daily Value*		
Total Fat	4.5g	7 %
Saturated Fat	3g	15 %
Cholesterol	20mg	6 %
Sodium	120mg	5 %
Total Carbohydrate	12g	4 %
Dietary Fiber	0g	0 %
Sugars	11g	
Protein	8g	
Vitamin A 10% • Vitamin C 4%		
Calcium 30% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

99. Milk, 3.3% whole

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 8		
Amount Per Serving		
Calories	150	Calories from Fat 70
%Daily Value*		
Total Fat	8g	13 %
Saturated Fat	5g	25 %
Cholesterol	35mg	11 %
Sodium	120mg	5 %
Total Carbohydrate	11g	4 %
Dietary Fiber	0g	0 %
Sugars	12g	
Protein	8g	
Vitamin A 6% • Vitamin C 4%		
Calcium 30% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

100. Muffin, plain

Nutrition Facts		
Serving Size 1 muffin (50g)		
Servings Per Container 4		
Amount Per Serving		
Calories	140	Calories from Fat 40
%Daily Value*		
Total Fat	4.5g	7 %
Saturated Fat	1g	6 %
Cholesterol	35mg	11 %
Sodium	230mg	10 %
Total Carbohydrate	23g	8 %
Dietary Fiber	3g	13 %
Sugars	0g	
Protein	3g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 8%		

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

101. Mushrooms

Nutrition Facts		
Serving Size 1/2 cup (78g)		
Servings Per Container 2		
Amount Per Serving		
Calories	20	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	330mg	14 %
Total Carbohydrate	4g	1 %
Dietary Fiber	2g	7 %
Sugars	1g	
Protein	1g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 4%		

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

102. Noodles, egg, cooked

Nutrition Facts		
Serving Size 3/4 cup (120g)		
Servings Per Container 6		
Amount Per Serving		
Calories	160	Calories from Fat 15
%Daily Value*		
Total Fat	2g	3 %
Saturated Fat	0g	0 %
Cholesterol	40mg	13 %
Sodium	200mg	8 %
Total Carbohydrate	30g	10 %
Dietary Fiber	1g	5 %
Sugars	2g	
Protein	6g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

103. Nuts, mixed, dry roasted

Nutrition Facts		
Serving Size 1/4 cup (34g)		
Servings Per Container 10		
Amount Per Serving		
Calories	200	Calories from Fat 160
%Daily Value*		
Total Fat	17g	27 %
Saturated Fat	2.5g	12 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	9g	3 %
Dietary Fiber	3g	12 %
Sugars	1g	
Protein	6g	
Vitamin A	0%	Vitamin C 0%
Calcium	2%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

104. Nuts, peanuts

Nutrition Facts		
Serving Size 1/4 cup (37g)		
Servings Per Container 10		
Amount Per Serving		
Calories	220	Calories from Fat 170
%Daily Value*		
Total Fat	18g	28 %
Saturated Fat	2.5g	13 %
Cholesterol	0mg	0 %
Sodium	300mg	13 %
Total Carbohydrate	8g	3 %
Dietary Fiber	3g	12 %
Sugars	2g	
Protein	9g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

105. Oil, vegetable

Nutrition Facts		
Serving Size 1 tbsp (14g)		
Servings Per Container 32		
Amount Per Serving		
Calories	120	Calories from Fat 130
%Daily Value*		
Total Fat	14g	22 %
Saturated Fat	1.5g	8 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	0g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	0g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

106. Okra

Nutrition Facts		
Serving Size 1/2 cup (80g)		
Servings Per Container 4		
Amount Per Serving		
Calories	25	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	6g	2 %
Dietary Fiber	2g	8 %
Sugars	2g	
Protein	1g	
Vitamin A	10%	Vitamin C 20%
Calcium	6%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

107. Orange

Nutrition Facts		
Serving Size 1 orange (131g)		
Servings Per Container 1		
Amount Per Serving		
Calories	60	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	15g	5 %
Dietary Fiber	3g	13 %
Sugars	12g	
Protein	1g	
Vitamin A	6%	Vitamin C 120%
Calcium	6%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

108. Pasta with Alfredo sauce

Nutrition Facts		
Serving Size 2 1/2 ounces (70g)		
Servings Per Container 4		
Amount Per Serving		
Calories	270	Calories from Fat 60
%Daily Value*		
Total Fat	6g	10 %
Saturated Fat	2g	9 %
Cholesterol	5mg	0 %
Sodium	910mg	38 %
Total Carbohydrate	46g	15 %
Dietary Fiber	2g	8 %
Sugars	4g	
Protein	9g	
Vitamin A	0%	Vitamin C 0%
Calcium	6%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

109. Pasta with tomato basil sauce

Nutrition Facts		
Serving Size 1 serving (272g)		
Servings Per Container 1		
Amount Per Serving		
Calories	260	Calories from Fat 60
%Daily Value*		
Total Fat	7g	11 %
Saturated Fat	2.5g	13 %
Cholesterol	10mg	3 %
Sodium	360mg	15 %
Total Carbohydrate	40g	13 %
Dietary Fiber	3g	12 %
Sugars	4g	
Protein	10g	
Vitamin A	15%	Vitamin C 15%
Calcium	15%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

110. Pastry, Danish

Nutrition Facts		
Serving Size 1 danish (57g)		
Servings Per Container 1		
Amount Per Serving		
Calories	220	Calories from Fat 110
%Daily Value*		
Total Fat	12g	18 %
Saturated Fat	3.5g	18 %
Cholesterol	50mg	16 %
Sodium	220mg	9 %
Total Carbohydrate	26g	9 %
Dietary Fiber	1g	0 %
Sugars	0g	
Protein	4g	
Vitamin A	0%	Vitamin C 0%
Calcium	6%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

111. Peach halves, canned in light syrup

Nutrition Facts		
Serving Size 1/2 cup (125g)		
Servings Per Container 4		
Amount Per Serving		
Calories	70	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	5mg	0 %
Total Carbohydrate	18g	6 %
Dietary Fiber	2g	7 %
Sugars	0g	
Protein	1g	
Vitamin A	8%	Vitamin C 6%
Calcium	0%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

112. Peanut butter, smooth

Nutrition Facts		
Serving Size 2 tbsp (32g)		
Servings Per Container 18		
Amount Per Serving		
Calories	190	Calories from Fat 150
%Daily Value*		
Total Fat	16g	25 %
Saturated Fat	3.5g	17 %
Cholesterol	0mg	0 %
Sodium	150mg	6 %
Total Carbohydrate	6g	2 %
Dietary Fiber	2g	8 %
Sugars	3g	
Protein	8g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

113. Pear halves, in juice

Nutrition Facts		
Serving Size 1/2 cup (140g)		
Servings Per Container 4		
Amount Per Serving		
Calories	60	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	2 %
Total Carbohydrate	16g	5 %
Dietary Fiber	2g	8 %
Sugars	12g	
Protein	0g	
Vitamin A	0%	Vitamin C 4%
Calcium	0%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

114. Peas

Nutrition Facts	
Serving Size 1/2 cup (80g)	
Servings Per Container 4	
Amount Per Serving	
Calories 60	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 70mg	3 %
Total Carbohydrate 11g	4 %
Dietary Fiber 4g	18 %
Sugars 4g	
Protein 4g	
Vitamin A 10% • Vitamin C 15%	
Calcium 0% • Iron 6%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

115. Peas with butter sauce, frozen

Nutrition Facts	
Serving Size 3/4 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 20
%Daily Value*	
Total Fat 2g	3 %
Saturated Fat 1.5g	8 %
Cholesterol 5mg	0 %
Sodium 400mg	17 %
Total Carbohydrate 16g	5 %
Dietary Fiber 5g	20 %
Sugars 4g	
Protein 4g	
Vitamin A 10% • Vitamin C 8%	
Calcium 0% • Iron 8%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

116. Pineapple chunks, canned in juice

Nutrition Facts	
Serving Size 1/2 cup (125g)	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 20g	7 %
Dietary Fiber 1g	0 %
Sugars 18g	
Protein 1g	
Vitamin A 0% • Vitamin C 20%	
Calcium 0% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

117. Pizza, cheese, microwave

Nutrition Facts	
Serving Size 1 small pizza (104g)	
Servings Per Container 1	
Amount Per Serving	
Calories 240	Calories from Fat 100
%Daily Value*	
Total Fat 11g	17 %
Saturated Fat 3.5g	18 %
Cholesterol 15mg	5 %
Sodium 540mg	23 %
Total Carbohydrate 26g	9 %
Dietary Fiber 1g	4 %
Sugars 3g	
Protein 10g	
Vitamin A 0% • Vitamin C 0%	
Calcium 20% • Iron 10%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

118. Pizza, pepperoni, for one

Nutrition Facts	
Serving Size 1 small pizza (113g)	
Servings Per Container 1	
Amount Per Serving	
Calories 290	Calories from Fat 140
%Daily Value*	
Total Fat 16g	25 %
Saturated Fat 3.5g	18 %
Cholesterol 15mg	5 %
Sodium 700mg	29 %
Total Carbohydrate 26g	9 %
Dietary Fiber 1g	4 %
Sugars 3g	
Protein 10g	
Vitamin A 0% • Vitamin C 0%	
Calcium 10% • Iron 10%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

119. Popcorn, microwave

Nutrition Facts	
Serving Size 4 cup (30g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 90
%Daily Value*	
Total Fat 10g	15 %
Saturated Fat 2.5g	13 %
Cholesterol 0mg	0 %
Sodium 280mg	12 %
Total Carbohydrate 16g	5 %
Dietary Fiber 3g	12 %
Sugars 0g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

120. Popcorn, buttered

Nutrition Facts		
Serving Size 1 cup (10g)		
Servings Per Container 7		
Amount Per Serving		
Calories 60	Calories from Fat 40	
%Daily Value*		
Total Fat 4g		7 %
Saturated Fat 0.5g		4 %
Cholesterol 0mg		0 %
Sodium 50mg		2 %
Total Carbohydrate 4g		1 %
Dietary Fiber 1g		4 %
Sugars 0g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

121. Pork loin chop, lean, broiled

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 6		
Amount Per Serving		
Calories 170	Calories from Fat 60	
%Daily Value*		
Total Fat 7g		10 %
Saturated Fat 2.5g		12 %
Cholesterol 70mg		23 %
Sodium 55mg		2 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 26g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

122. Pork, spareribs

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 1		
Amount Per Serving		
Calories 270	Calories from Fat 170	
%Daily Value*		
Total Fat 19g		29 %
Saturated Fat 7g		34 %
Cholesterol 90mg		30 %
Sodium 80mg		3 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 24g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

123. Potato chips

Nutrition Facts		
Serving Size 1 ounces (28g)		
Servings Per Container 1		
Amount Per Serving		
Calories 150	Calories from Fat 90	
%Daily Value*		
Total Fat 10g		15 %
Saturated Fat 3g		15 %
Cholesterol 0mg		0 %
Sodium 170mg		7 %
Total Carbohydrate 15g		5 %
Dietary Fiber 1g		5 %
Sugars 0g		
Protein 2g		
Vitamin A 0%	•	Vitamin C 15%
Calcium 0%	•	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

124. Potato, baked

Nutrition Facts		
Serving Size 1 potato (202g)		
Servings Per Container 1		
Amount Per Serving		
Calories 220		
%Daily Value*		
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 15mg		1 %
Total Carbohydrate 51g		17 %
Dietary Fiber 5g		19 %
Sugars 3g		
Protein 5g		
Vitamin A 0%	•	Vitamin C 45%
Calcium 2%	•	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

125. Potato, French fries, small

Nutrition Facts		
Serving Size 1 serving (68g)		
Servings Per Container 1		
Amount Per Serving		
Calories 210	Calories from Fat 90	
%Daily Value*		
Total Fat 10g		15 %
Saturated Fat 1.5g		8 %
Cholesterol 0mg		0 %
Sodium 135mg		6 %
Total Carbohydrate 26g		9 %
Dietary Fiber 2g		8 %
Sugars 0g		
Protein 3g		
Vitamin A 0%	•	Vitamin C 15%
Calcium 0%	•	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

126. Potato, French fries, super size

Nutrition Facts	
Serving Size 1 serving (176g)	
Servings Per Container 1	
Amount Per Serving	
Calories 540	Calories from Fat 230
%Daily Value*	
Total Fat 26g	40 %
Saturated Fat 4.5g	23 %
Cholesterol 0mg	0 %
Sodium 350mg	15 %
Total Carbohydrate 68g	23 %
Dietary Fiber 6g	24 %
Sugars 0g	
Protein 8g	
Vitamin A 0%	Vitamin C 35%
Calcium 2%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

127. Potato, hash browns

Nutrition Facts	
Serving Size 1 item 2 ounces (53g)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 70
%Daily Value*	
Total Fat 8g	12 %
Saturated Fat 1.5g	8 %
Cholesterol 0mg	0 %
Sodium 330mg	14 %
Total Carbohydrate 14g	5 %
Dietary Fiber 1g	4 %
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

128. Pretzels, tiny twists

Nutrition Facts	
Serving Size 1 ounce (28g)	
Servings Per Container 1	
Amount Per Serving	
Calories 100	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 420mg	18 %
Total Carbohydrate 23g	8 %
Dietary Fiber 1g	4 %
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

129. Pudding, chocolate cup

Nutrition Facts	
Serving Size 1 snack cup (113g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 50
%Daily Value*	
Total Fat 6g	9 %
Saturated Fat 1.5g	7 %
Cholesterol 0mg	0 %
Sodium 190mg	8 %
Total Carbohydrate 26g	9 %
Dietary Fiber 0g	0 %
Sugars 18g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

130. Pudding snacks, rice style

Nutrition Facts	
Serving Size 1/2 cup (112g)	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 50
%Daily Value*	
Total Fat 6g	8 %
Saturated Fat 2g	10 %
Cholesterol 70mg	24 %
Sodium 250mg	11 %
Total Carbohydrate 26g	9 %
Dietary Fiber 1g	4 %
Sugars 0g	
Protein 6g	
Vitamin A 8%	Vitamin C 0%
Calcium 15%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

131. Raisins

Nutrition Facts	
Serving Size 1/4 cup (41g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 32g	11 %
Dietary Fiber 2g	7 %
Sugars 27g	
Protein 1g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

132. Rice, fried

Nutrition Facts		
Serving Size 2/3 cup (147g)		
Servings Per Container 4		
Amount Per Serving		
Calories	180	Calories from Fat 35
%Daily Value*		
Total Fat	4g	6 %
Saturated Fat	1g	5 %
Cholesterol	105mg	35 %
Sodium	490mg	20 %
Total Carbohydrate	30g	10 %
Dietary Fiber	1g	4 %
Sugars	1g	
Protein	6g	
Vitamin A	4%	• Vitamin C 4%
Calcium	2%	• Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

133. Rice, plain, boiled

Nutrition Facts		
Serving Size 1/2 cup (88g)		
Servings Per Container 8		
Amount Per Serving		
Calories	100	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	22g	7 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	2g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

134. Salad dressing, fat free

Nutrition Facts		
Serving Size 2 tbsp (33g)		
Servings Per Container 18		
Amount Per Serving		
Calories	20	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	430mg	18 %
Total Carbohydrate	4g	1 %
Dietary Fiber	0g	0 %
Sugars	2g	
Protein	0g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

135. Salad dressing, French

Nutrition Facts		
Serving Size 2 tbsp (31g)		
Servings Per Container 16		
Amount Per Serving		
Calories	130	Calories from Fat 110
%Daily Value*		
Total Fat	13g	20 %
Saturated Fat	3g	15 %
Cholesterol	0mg	0 %
Sodium	420mg	18 %
Total Carbohydrate	5g	2 %
Dietary Fiber	0g	0 %
Sugars	4g	
Protein	0g	
Vitamin A	8%	• Vitamin C 0%
Calcium	0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

136. Salad dressing, Italian

Nutrition Facts		
Serving Size 2 tbsp (29g)		
Servings Per Container 16		
Amount Per Serving		
Calories	140	Calories from Fat 130
%Daily Value*		
Total Fat	14g	22 %
Saturated Fat	2g	10 %
Cholesterol	0mg	0 %
Sodium	230mg	10 %
Total Carbohydrate	3g	1 %
Dietary Fiber	0g	0 %
Sugars	1g	
Protein	0g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

137. Salad dressing, lowfat

Nutrition Facts		
Serving Size 2 tbsp (33g)		
Servings Per Container 16		
Amount Per Serving		
Calories	45	Calories from Fat 15
%Daily Value*		
Total Fat	2g	3 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	260mg	11 %
Total Carbohydrate	7g	2 %
Dietary Fiber	0g	0 %
Sugars	6g	
Protein	0g	
Vitamin A	8%	• Vitamin C 0%
Calcium	0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

138. Salad greens

Nutrition Facts	
Serving Size 1 1/2 cup (85g)	
Servings Per Container 6	
Amount Per Serving	
Calories 15	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 15mg	1 %
Total Carbohydrate 3g	1 %
Dietary Fiber 2g	8 %
Sugars 1g	
Protein 1g	
Vitamin A 80%	Vitamin C 20%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

139. Salsa, home style

Nutrition Facts	
Serving Size 2 tbsp (31g)	
Servings Per Container 24	
Amount Per Serving	
Calories 10	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 200mg	8 %
Total Carbohydrate 2g	1 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

140. Sauce, cheese

Nutrition Facts	
Serving Size 1/4 cup (70g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 80
%Daily Value*	
Total Fat 9g	14 %
Saturated Fat 4g	21 %
Cholesterol 20mg	7 %
Sodium 580mg	24 %
Total Carbohydrate 5g	2 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 5g	
Vitamin A 4%	Vitamin C 0%
Calcium 15%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

141. Sauce, prepared spaghetti

Nutrition Facts	
Serving Size 1/2 cup (120g)	
Servings Per Container 10	
Amount Per Serving	
Calories 140	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7 %
Saturated Fat 1.5g	8 %
Cholesterol 0mg	0 %
Sodium 610mg	25 %
Total Carbohydrate 23g	8 %
Dietary Fiber 2g	8 %
Sugars 15g	
Protein 2g	
Vitamin A 20%	Vitamin C 15%
Calcium 4%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

142. Sauce, tartar

Nutrition Facts	
Serving Size 2 tbsp (28g)	
Servings Per Container 32	
Amount Per Serving	
Calories 140	Calories from Fat 130
%Daily Value*	
Total Fat 14g	22 %
Saturated Fat 2g	11 %
Cholesterol 10mg	4 %
Sodium 200mg	8 %
Total Carbohydrate 4g	1 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 0g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

143. Shake, vanilla

Nutrition Facts	
Serving Size 15 ounces (414g)	
Servings Per Container 1	
Amount Per Serving	
Calories 360	Calories from Fat 80
%Daily Value*	
Total Fat 9g	14 %
Saturated Fat 6g	30 %
Cholesterol 40mg	13 %
Sodium 250mg	10 %
Total Carbohydrate 59g	20 %
Dietary Fiber 0g	0 %
Sugars 55g	
Protein 11g	
Vitamin A 6%	Vitamin C 2%
Calcium 35%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

144. Cola Soda

Nutrition Facts		
Serving Size 8 fl oz (240g)		
Servings Per Container 1.5		
Amount Per Serving		
Calories 100		
		%Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	35mg	0%
Total Carbohydrate	27g	9%
Dietary Fiber	0g	0%
Sugars	27g	
Protein	0g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

145. Soda, low-calorie cola

Nutrition Facts		
Serving Size 8 fl oz (240g)		
Servings Per Container 1		
Amount Per Serving		
Calories 0		
		%Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	0g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

146. Soda, low-calorie orange

Nutrition Facts		
Serving Size 8 fl oz (237g)		
Servings Per Container 1.5		
Amount Per Serving		
Calories 0		
		%Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	40mg	2%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	0g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

147. Soda, orange

Nutrition Facts		
Serving Size 8 fl oz (240g)		
Servings Per Container 1.5		
Amount Per Serving		
Calories 120		
		%Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrate	32g	11%
Dietary Fiber	0g	0%
Sugars	32g	
Protein	0g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

148. Soda, root beer

Nutrition Facts		
Serving Size 12 fl oz (360g)		
Servings Per Container 1		
Amount Per Serving		
Calories 170		
		%Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	43g	14%
Dietary Fiber	0g	0%
Sugars	43g	
Protein	0g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

149. Sour cream

Nutrition Facts		
Serving Size 2 tbsp (24g)		
Servings Per Container 18		
Amount Per Serving		
Calories 50	Calories from Fat 45	
		%Daily Value*
Total Fat	5g	8%
Saturated Fat	3g	16%
Cholesterol	10mg	4%
Sodium	15mg	1%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	1g	
Vitamin A 4% • Vitamin C 0%		
Calcium 2% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

150. Spinach, boiled

Nutrition Facts	
Serving Size 1/2 cup (90g)	
Servings Per Container 8	
Amount Per Serving	
Calories 20	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 65mg	3 %
Total Carbohydrate 3g	1 %
Dietary Fiber 2g	9 %
Sugars 0g	
Protein 3g	
Vitamin A 150% • Vitamin C 15%	
Calcium 10% • Iron 20%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

151. Sports drink

Nutrition Facts	
Serving Size 8 fl oz (240g)	
Servings Per Container 2	
Amount Per Serving	
Calories 70	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 55mg	2 %
Total Carbohydrate 20g	7 %
Dietary Fiber 0g	0 %
Sugars 19g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

152. Strawberries

Nutrition Facts	
Serving Size 1 cup (144g)	
Servings Per Container 4	
Amount Per Serving	
Calories 45	
%Daily Value*	
Total Fat 0.5g	1 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 10g	3 %
Dietary Fiber 3g	13 %
Sugars 8g	
Protein 1g	
Vitamin A 0% • Vitamin C 140%	
Calcium 2% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

153. Sweet potato, canned

Nutrition Facts	
Serving Size 3/4 cup (147g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 55mg	2 %
Total Carbohydrate 37g	12 %
Dietary Fiber 4g	18 %
Sugars 23g	
Protein 2g	
Vitamin A 210% • Vitamin C 25%	
Calcium 2% • Iron 8%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

154. Toaster pastry, fruit

Nutrition Facts	
Serving Size 1 pastry (52g)	
Servings Per Container 1	
Amount Per Serving	
Calories 200 Calories from Fat 50	
%Daily Value*	
Total Fat 5g	8 %
Saturated Fat 1g	4 %
Cholesterol 0mg	0 %
Sodium 220mg	9 %
Total Carbohydrate 37g	12 %
Dietary Fiber 1g	4 %
Sugars 16g	
Protein 2g	
Vitamin A 10% • Vitamin C 0%	
Calcium 0% • Iron 10%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

155. Tomato

Nutrition Facts	
Serving Size 1 tomato (4oz)(123g)	
Servings Per Container 1	
Amount Per Serving	
Calories 25	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 10mg	0 %
Total Carbohydrate 6g	2 %
Dietary Fiber 1g	6 %
Sugars 4g	
Protein 1g	
Vitamin A 15% • Vitamin C 40%	
Calcium 0% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

156. Tortilla chips

Nutrition Facts	
Serving Size 1 ounce (28g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 60
%Daily Value*	
Total Fat 7g	11 %
Saturated Fat 1.5g	8 %
Cholesterol 0mg	0 %
Sodium 120mg	5 %
Total Carbohydrate 18g	6 %
Dietary Fiber 1g	4 %
Sugars 0g	
Protein 2g	
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

157. Tortilla, corn

Nutrition Facts	
Serving Size 2 tortillas (52g)	
Servings Per Container 10	
Amount Per Serving	
Calories 120	Calories from Fat 10
%Daily Value*	
Total Fat 1.5g	2 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 85mg	3 %
Total Carbohydrate 24g	8 %
Dietary Fiber 3g	11 %
Sugars 0g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

158. Tortilla, flour

Nutrition Facts	
Serving Size 1 tortilla (32g)	
Servings Per Container 15	
Amount Per Serving	
Calories 100	Calories from Fat 20
%Daily Value*	
Total Fat 2.5g	3 %
Saturated Fat 0.5g	3 %
Cholesterol 0mg	0 %
Sodium 150mg	6 %
Total Carbohydrate 18g	6 %
Dietary Fiber 1g	4 %
Sugars 0g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

159. Vegetable soup, chunky

Nutrition Facts	
Serving Size 1 cup (240g)	
Servings Per Container 2	
Amount Per Serving	
Calories 120	Calories from Fat 35
%Daily Value*	
Total Fat 3.5g	6 %
Saturated Fat 0.5g	3 %
Cholesterol 0mg	0 %
Sodium 1010mg	42 %
Total Carbohydrate 19g	6 %
Dietary Fiber 1g	5 %
Sugars 0g	
Protein 4g	
Vitamin A 120%	• Vitamin C 10%
Calcium 6%	• Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

160. Waffle, plain, frozen

Nutrition Facts	
Serving Size 2 waffles (78g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 50
%Daily Value*	
Total Fat 6g	9 %
Saturated Fat 1g	5 %
Cholesterol 15mg	6 %
Sodium 580mg	24 %
Total Carbohydrate 30g	10 %
Dietary Fiber 2g	7 %
Sugars 0g	
Protein 5g	
Vitamin A 20%	• Vitamin C 0%
Calcium 15%	• Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

161. Watermelon

Nutrition Facts	
Serving Size 1 3/4 cup (266g)	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 5mg	0 %
Total Carbohydrate 19g	6 %
Dietary Fiber 1g	5 %
Sugars 24g	
Protein 2g	
Vitamin A 20%	• Vitamin C 45%
Calcium 2%	• Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

162. Whipped cream

Nutrition Facts	
Serving Size 2 tbsp (15g)	
Servings Per Container 18	
Amount Per Serving	
Calories 50	Calories from Fat 50
%Daily Value*	
Total Fat 6g	9 %
Saturated Fat 3.5g	17 %
Cholesterol 20mg	7 %
Sodium 5mg	0 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 0g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

163. Whipped cream topping

Nutrition Facts	
Serving Size 2 tbsp (8g)	
Servings Per Container 12	
Amount Per Serving	
Calories 20	Calories from Fat 15
%Daily Value*	
Total Fat 2g	3 %
Saturated Fat 1g	6 %
Cholesterol 5mg	2 %
Sodium 10mg	0 %
Total Carbohydrate 1g	1 %
Dietary Fiber 0g	0 %
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

164. Yogurt, fat free, plain

Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 5mg	0 %
Sodium 190mg	8 %
Total Carbohydrate 19g	6 %
Dietary Fiber 0g	0 %
Sugars 13g	
Protein 14g	
Vitamin A 0%	Vitamin C 4%
Calcium 50%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

165. Yogurt, fruit flavored

Nutrition Facts	
Serving Size 6 ounces (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories 190	Calories from Fat 30
%Daily Value*	
Total Fat 3.5g	5 %
Saturated Fat 2g	10 %
Cholesterol 15mg	5 %
Sodium 100mg	4 %
Total Carbohydrate 32g	11 %
Dietary Fiber 0g	0 %
Sugars 28g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

166. Yogurt, lowfat vanilla

Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7 %
Saturated Fat 3g	15 %
Cholesterol 15mg	4 %
Sodium 140mg	6 %
Total Carbohydrate 38g	13 %
Dietary Fiber 0g	0 %
Sugars 34g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 30%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

167. Yogurt, lowfat with fruit

Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container 1	
Amount Per Serving	
Calories 280	Calories from Fat 70
%Daily Value*	
Total Fat 7g	11 %
Saturated Fat 4.5g	24 %
Cholesterol 25mg	8 %
Sodium 150mg	6 %
Total Carbohydrate 44g	15 %
Dietary Fiber 0g	0 %
Sugars 38g	
Protein 9g	
Vitamin A 4%	Vitamin C 20%
Calcium 35%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

168. Yogurt, soft-serve vanilla, frozen

Nutrition Facts		
Serving Size 1/2 cup (72g)		
Servings Per Container 1		
Amount Per Serving		
Calories	110	Calories from Fat 35
%Daily Value*		
Total Fat	4g	6 %
Saturated Fat	2.5g	12 %
Cholesterol	0mg	0 %
Sodium	65mg	3 %
Total Carbohydrate	17g	6 %
Dietary Fiber	0g	0 %
Sugars	13g	
Protein	3g	
Vitamin A	4%	• Vitamin C 0%
Calcium	10%	• Iron 0%

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↓
LOW=5% or less
HIGH=20% or more
↑
↑

* Percent Daily Values are based on a 2,000 calorie diet.

169. Yogurt, soft-serve strawberry, frozen

Nutrition Facts		
Serving Size 1/2 cup (113g)		
Servings Per Container 1		
Amount Per Serving		
Calories	140	Calories from Fat 35
%Daily Value*		
Total Fat	4g	6 %
Saturated Fat	2.5g	13 %
Cholesterol	15mg	5 %
Sodium	70mg	3 %
Total Carbohydrate	24g	8 %
Dietary Fiber	0g	0 %
Sugars	23g	
Protein	3g	
Vitamin A	2%	• Vitamin C 0%
Calcium	10%	• Iron 2%

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↓
LOW=5% or less
HIGH=20% or more
↑
↑

* Percent Daily Values are based on a 2,000 calorie diet.

170. Zucchini

Nutrition Facts		
Serving Size 3/4 cup (85g)		
Servings Per Container 4		
Amount Per Serving		
Calories	10	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	2g	1 %
Dietary Fiber	1g	4 %
Sugars	2g	
Protein	1g	
Vitamin A	6%	• Vitamin C 15%
Calcium	0%	• Iron 0%

↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

* Percent Daily Values are based on a 2,000 calorie diet.



The Power of Choice

Helping Youth Make Healthy Eating and Fitness Decisions • A Leader's Guide

Additional Sources of Information



- ❖ Overview of the Educational Content
- ❖ For More Information
- ❖ Computer Disk – Content Description (of PDF files)

Additional Sources of Information

Overview of the Educational Content

Three charts show the scope of the content for all the activities provided in this publication.

- ❖ **Skill Based Outcomes:** Preteens who participate in the various activities will be able to build skills for a healthy lifestyle, and be able to prepare healthful snacks. As a staff leader, help adolescents learn and practice the skills cited in this chart.
- ❖ **Empowerment Messages:** Each Topic contains positive health messages that reflect the main ideas shared in the session. When working with both adolescents, and adults, repeat and share the messages found in this chart.
- ❖ **Matrix of Activities:** The Matrix of Activities chart serves both as an index to activities and a summary overview of all the activities described in this publication. Using different subject codes will help you locate activities that address specific subjects, such as goal-setting or food safety.

For More Information

More than a dozen organizations and websites are listed that provide helpful information on food, nutrition, physical activity, or working with adolescents.

The Computer Disk

The contents of the disk are listed on the last page of this Leader's Guide. Open this PDF file using Adobe Acrobat Reader. It's available without charge through the Internet at <http://www.adobe.com>.

See also the Team Nutrition Website for a fully downloadable version of this Leader's Guide at <http://www.fns.usda.gov/tn/> under the Educators icon.

Skill-Based Outcomes

Preteens who participate in the various activities will prepare at least six different healthful snacks and build skills to:

1. It's Up to You!

- ❖ Identify the values that affect their food and lifestyle choices.
- ❖ Practice goal-setting steps to manage eating and lifestyle decisions.
- ❖ Respect differences in the goals and choices that others set for them.

In going through the 10 topics, preteens will use these outcomes to:

- Set specific goals for healthful living.
- Plan changes in their eating and physical activity patterns to promote growth and overall health.

2. Get Up and Move!

- ❖ Talk about the benefits of active living.
- ❖ Identify roadblocks that keep them from regular physical activity.
- ❖ Come up with ways to sit less and move more.
- ❖ Use the "talk-sing test" to find the right level of physical activity.
- ❖ Make active living fun!

3. Helpings vs. Servings

- ❖ Visualize serving sizes.
- ❖ Compare their helpings to serving sizes:
 - Helpings are "unmeasured" amounts of foods one chooses.
 - Servings are "measured" amounts of foods one chooses.
- ❖ Tell someone why it's smart to pay attention to how much food he or she eats.
- ❖ Explain why active living helps them use food energy from the food they eat.

4. Are You Label Able?

- ❖ Use serving sizes on Nutrition Facts to be aware of the volume of food and food energy (or calories) in the amount of food they choose to eat.
- ❖ Identify nutrients they need to "Get LESS" and those they need to "Get ENOUGH."
- ❖ Compare foods to see if they are "high" or "low" in different nutrients.
- ❖ Use food labels to make informed food choices.

5. Tastes Great, Less Fat!

- ❖ Use food labels to spot types of fats and foods with more or less fat.
- ❖ Tell someone why it is healthy to choose some fats less often or in smaller amounts.
- ❖ State simple ways they can eat lower fat foods more often.

6. Make Drinks Count!

- ❖ Use Nutrition Facts on food labels to compare drink choices.
- ❖ Explain why sodas shouldn't crowd out beverages with more nutrients.
- ❖ Tell how they can enjoy more milk, juice, and water.

7. Snacks: "Chews" for Health

- ❖ Choose snacks for different reasons, and consider the reasons for the choices.
- ❖ Use food labels to make healthful snack choices.
- ❖ Tell how to enjoy snacks without overdoing the amount.

8. Your Fast Food Order?

- ❖ Determine the amount of fat in a typical fast-food meal.
- ❖ Tell friends how to cut back on fat when they order fast foods.
- ❖ Explain how to eat more fruits, vegetables, and foods made from lowfat milk at fast-food places.

9. Urge to Splurge?

- ❖ Describe hunger cues and how to manage hunger.
- ❖ Describe why emotions might lead to overeating.
- ❖ Find ways to handle emotional ups and downs without overeating.
- ❖ Discuss the benefits of not overeating.

10. What's New?

- ❖ Try foods they've never tasted.
- ❖ Talk about new foods without "yucks" before deciding if they like them.
- ❖ Respect each other's opinions about foods.
- ❖ Fit new foods into their meals and snacks.
- ❖ Use the "5-20" guide to nutrition labeling to compare and choose new foods.

Empowerment Messages

1. It's Up to You!

- ❖ Life is full of choices, including choices about food and physical activity. The quality of your life depends on decisions that affect your body, mind, and inner self.
- ❖ The right choice for you depends on your values, needs, and goals. It's important to respect the different choices people make.
- ❖ Decision-making and goal-setting skills help you manage your life and your future.

2. Get Up and Move!

- ❖ Active living is good for your body. It also helps you make the most of your appearance.
- ❖ Being active helps you relax and feel less stress.
- ❖ Being active is a fun way to spend time with your family and friends.
- ❖ It's easy to fit active living into your everyday life. You don't need to be an athlete. Just find ways to sit less and move more.

3. Helpings vs. Servings

- ❖ Control the amounts and kinds of foods you eat to get enough of the nutrients you need. That will help you avoid overdoing any one specific food or food group. The amount of food you eat may be bigger or smaller than the serving shown on the food label or the Food Guide Pyramid.
- ❖ Eat different kinds of foods. You'll improve your chances of getting the many nutrients your body needs for energy and for growing strong and healthy.
- ❖ Eating too much may add up to more food energy (calories) than your body needs to grow and move. Extra calories are turned into body fat.

4. Are You Label Able?

- ❖ Food labels can help you make positive choices and get the food energy (or calories) and nutrients you need. Nutrition Facts on a food label tell how many calories and nutrients you get from one serving.
- ❖ Nutrition Facts show the serving size. Larger amounts of foods give you more calories.
- ❖ Use the % Daily Values (% DVs) on the Nutrition Facts label to see if a food is high or low in a nutrient. As a guide, 5% DV or less is low, and 20% DV or more is high.
- ❖ To promote your health, Nutrition Facts can help you: (1) choose *Less* fat, especially saturated fat, cholesterol, sodium; (2) choose *Enough* fiber, vitamins A and C, calcium, iron.

5. Tastes Great, Less Fat!

- ❖ Fat provides both flavor and energy (calories).
- ❖ Energy from fat is measured in calories; a gram is a weight that is used to measure the amount of fat in foods.
- ❖ Check the food label to compare the calories and the amounts and types of fats in foods.
- ❖ Choose foods more often that are low in saturated fat and cholesterol.

6. Make Drinks Count!

- ❖ By drinking lots of beverages high in added sugars, you may get fewer of the nutrients you need for good health.
- ❖ Choose beverages sensibly and consume fewer drinks high in added sugars. Cut back on *how much* of the sweetened beverages you drink at one time and *how often* in a day.
- ❖ Do not let soda crowd out other beverages, such as milk, that have nutrients you need to stay healthy. Instead of soda, choose lowfat milk or juice at home, school, fast-food places, or from vending machines.
- ❖ Drink water often.

7. Snacks: “Chews” for Health

- ❖ Snacking the right way helps you get enough food to grow and stay healthy. Pick mostly lowfat foods from the five major food groups.
- ❖ Nutrition Facts on food labels can help you compare and choose snacks. Don’t let sweets and high-fat snacks crowd out snacks with more nutrients.
- ❖ Snacking is a great way to fit fruits, vegetables, whole grains, and low-fat foods made from milk into your day’s food choices.
- ❖ Pay attention to how much, not just what you snack on.
- ❖ By moving more and sitting less, you don’t need to concern yourself as much about overdoing on snacking. Active fun is a healthful substitute for mindless snacking.

8. Your Fast Food Order?

- ❖ Many fast foods have a lot of fat and calories. Eating too many high-fat foods is not good for your health.
- ❖ Many fast-food items are bigger than you need. Choose the regular size instead of the deluxe and super sizes.
- ❖ Fast-food places offer choices. Look for fun, tasty ways to include more food variety—including fruits, vegetables, whole grains, and lowfat foods made from milk—and get less fat in your fast-food meals and snacks.
- ❖ Balance higher fat fast-food choices with lower fat foods for the rest of the day.

9. Urge to Splurge?

- ❖ Paying attention to hunger cues helps you avoid overeating. You don't always have to feel full, and it doesn't feel good to be stuffed.
- ❖ Eating too fast can lead to overeating. Slow down so your brain has time to know your stomach is full.
- ❖ Your feelings can affect what and how much you eat.
- ❖ Some people eat to cope with negative emotions. To overcome the urge to eat when you're not really hungry, find other ways to handle your feelings.
- ❖ Not overeating helps you grow at your healthy weight. You'll also feel better about yourself when you control your urge to eat.

10. What's New?

- ❖ Try not to be afraid to try new things, such as unfamiliar foods and new ways to get moving.
- ❖ Stores and restaurants are full of foods you've never tried, and you won't know if you like them until you try them. Give new foods a chance.
- ❖ Trying new foods can be fun, exciting, and interesting. You may even want to add them to your meals and snacks. This experience helps you enjoy social events where some foods are often unfamiliar.
- ❖ Different foods help keep you healthy in different ways. Being adventurous with food broadens your choices and enjoyment, and eating different kinds of foods helps you get the nutrients you need to grow, feel good, and be your best.

Matrix of Activities

Key to codes:

- *optional snack activity
- 1) Clarifying Values
- 2) Choices From the Food Guide Pyramid
- 3) Nutrition Labeling
- 4) Food Preparation and Safety
- 5) Physical Activity
- 6) Goal-Setting and Decision-Making

Topics	Activities	Additional "Quick" Activities (Computer Disk)	Around Your Community (Computer Disk)
1. It's Up to You!	Mirror Image (1,5) Values Charades (1) "Roll" Play (6) More "Roll" Play (6) Peanut Butter 'N Fruit-Wich (4)* What's yourCHOICE? (6)	<i>The Power of Choice:</i> It's a Rap! (6) Picture This! (1) Design a T-Shirt (6) Go-als! (6) Hands Clean? (4) Make a PB 'N Fruit-Wich * (2,3,4)	Getting to Know You Community Mentors
2. Get Up and Move!	Untie the Knot! (1,5,6) "Top 10" for Active Living (5) "Body Talk" (5) Get Vertical! (5) Making a Juice Refresher * (2,4) What's yourCHOICE? (6)	Physical Activity Diary (5,6) "Shape Up" Greeting Card (1,5) Invent a Dance (5) Fishbowl of Fun! (5) People's Walk (5) Pyramid Power (5,6) Make Your Own Pretzels! * (2,3,4)	Helping Hands Community Happenings Family Moves
3. Helpings vs. Servings	Size "Squared" (1) Some or the Whole Thing? (3) Snacks—How Much in a Package? (3) Visual Cues (2,3) Dance Snack Calories Away! (5) Stuffing a Pocket Sandwich * (1,2,3) What's yourCHOICE? (6)	Dare to Compare (1,2,3) What's at "Steak?" (2,3) What's in the Bag? (2,3) Stuffed Pocket * (1,2,3,4)	Hefty Helpings Family Helpings
4. Are You Label Able?	Your Helpings— How Big? (1) What's on a Label? (3) Servings on the Label (3) Nutrients—The "5-20" Guide (3) Balancing Food Choices for the Day (3) Shake Up the Grocery Bag! (3) Make a Cereal "Sundae" * (4) What's yourCHOICE? (6)	Facts in Food Groups (2) Snacks—Mix 'em Up * (4) Give Me Five! (2) Teaching Others (3) Do What? (3)	Teaching Others Scavenger Hunt

Topics	Activities	Additional "Quick" Activities (Computer Disk)	Around Your Community (Computer Disk)
5. Tastes Great, Less Fat!	What's on Your Spud? (1) What Do Food Labels Say About Fat? (3) "Scoop" Fat Facts (2,3) Check It Out: High or Low in Fat? (3) Turn Up the "Salsa" With Sals-y Spuds! * (4,5) What's yourCHOICE? (6)	Scoop, Measure, Compare (2,3) Make Your Own Salsa * (4) Feed Me? (2) Spotting "Sat Fat" (3) Spuds: How Much Fat? (3) Build a Better Sandwich * (2,3,4)	Shop for Less Fat Check Fast-Food Menus
6. Make Drinks Count!	How Much Soda? (3) Make Mine Orange! (2) Which Drink? Check the Facts! (1,3) Okay to Sweat! (5) Chill Out With Juice Floats! * (2,3,4) What's yourCHOICE? (6)	Taste Test: Which Milk for You? * (3,4) Soda "Recipe" (3,4,6) Sugar: How Much? (3) Circle Talk (2,3,6) Cool Smoothies * (2,3,4) Water or Sports Drink? (2)	Thirst-Quenching Fund Raisers Vended Drinks
7. Snacks: "Chews" for Health	Snack Line—Find Your Place! (1) Which Snack Has More Fat? (2) "5-20" Snack Vision (3) Snack Dilemmas (1,2,6) Roll It Up! * (2,3,4) What's yourCHOICE? (6)	What's the Rub? (2,3) Frisbee Snack Catch (2,5) Great Chews * (1,4,6) Snack Sort (1,2,3) Ham-Cheese Rollups * (2,3,4) Snack Magnets (1,2,3,6)	Pick Your Own Plant a Community Garden Snacks With Preteens
8. Your Fast Food Order?	Fast Food—for You? (1,2) Fast Food Facts (2,3) Fitting Fast Foods In (2,3,6) Advertise for Fast Food (1) Pizza—A <i>Fast</i> Snack! * (1) What's yourCHOICE? (6)	"Fast" Fats: Measure and Compare! (2) Salad Bar Choices * (1,2,3,4,6) Fast Food on the Web (2) Build a Veggie Pita Pizza! * (1,3,4,6)	Food Drive Fast Food Field Trip Mall Snacks
9. Urge to Splurge?	Get Your Juices Flowing! (5) How Hungry? * (1,4,6) Satiety: Listening to "Body Talk" (1) Emotional "Hunger" (1) Coping With Eating Triggers (1,2,3) What's yourCHOICE? (6)	What Triggers Eating? (1,6) What Can You Do? (1,6) Emo-Vertising Food (1) Cinnamon Fruit Toast * (2,3,4)	Community Volunteers: Food Banks and Soup Kitchens Wellness in Your Town
10. What's New?	Pleasure of Trying! (1) Food Neophobia (1) Give Food a Try! * (2,4) Facts About New Foods (3) What's yourCHOICE? (6)	Simple Tastings * (4) More Tasting! * (4) Shake-a-Pudding * (2,3,4) Another Neophobia? (1,5,6)	Food Baskets Puppet Food Play Preteens' Tasting Party Supermarket Safari

For More Information:

Contact the following for more educational resources and information on health issues; food safety; the Food Guide Pyramid; food labeling; and other food, nutrition, and other issues.

Acronyms: Department of Agriculture (USDA), Department of Health and Human Services (DHHS), National Institutes of Health (NIH)

Cancer Information Service, NIH, DHHS

Office of Cancer Communications
National Cancer Institute
Building 31, Room 10A16
9000 Rockville Pike
Bethesda, MD 20892

Web page for the "5 A Day for
Better Health Program"
[http://dccps.nci.nih.gov/5aday/
about.htm](http://dccps.nci.nih.gov/5aday/about.htm)

Centers for Disease Control and Prevention, DHHS

1600 Clifton Road
Atlanta, GA 30333

Website: <http://www.cdc.gov>

Web page for fact sheet on
"Adolescents and Young Adults"
[http://www.cdc.gov/nccdphp/
sgr/adoles.htm](http://www.cdc.gov/nccdphp/sgr/adoles.htm)

Web pages for Nutrition and
Physical Activity
[http://www.cdc.gov/nccdphp/
dnpa/](http://www.cdc.gov/nccdphp/dnpa/)

Center for Nutrition Policy and Promotion, USDA

3101 Park Center Drive
Alexandria, VA 22302

Website:
<http://www.usda.gov/cnpp>

Cooperative Extension Service, USDA

Contact your county extension
home economist (cooperative
extension system) or nutrition
professional at your local public
health department, hospital,
American Red Cross, dietetic
association, diabetes association,
heart association, or cancer society.

Food and Drug Administration, DHHS Center for Food Safety and Applied Nutrition

5100 Paint Branch Parkway
College Park, MD 20740-3835

Website: <http://www.cfsan.fda.gov>

Food and Nutrition Information Center

USDA/National Agricultural Library
10301 Baltimore Blvd., Room 304
Beltsville, MD 20705-2351
Tel: 301-504-5719 Fax: 301-504-6409
Publication Requests: Email
fnic@nal.usda.gov

Website:
<http://www.nal.usda.gov/fnic>

Food and Nutrition Service, USDA

Team Nutrition
3101 Park Center Drive
Alexandria, VA 22302

Website for Team Nutrition:

<http://www.fns.usda.gov/tn/>

For more information about nutrition education messages targeted to preteens, see USDA's yourSELF Middle School Nutrition Education Kit from Team Nutrition at:

<http://www.fns.usda.gov/tn/Educators/yourself.htm>

Food Safety and Inspection Service, USDA

1400 Independence Avenue, SW
Washington, DC 20250

Website: <http://www.fsis.usda.gov>

Gateway to Government Food Safety Information

Website: <http://www.foodsafety.gov>

healthfinder® – Gateway to Reliable Consumer Health Information, DHHS

National Health Information Center
P.O. Box 1133
Washington, DC 20013-1133

Website:

<http://www.healthfinder.gov>

International Food Information Council Foundation

1100 Connecticut Avenue, NW
Suite 430
Washington, DC 20036

Web page for *IT'S ALL ABOUT YOU™* Campaign and Materials

<http://ific.org/laay>

see also <http://www.kidnetic.com>

Maternal and Child Health Bureau, DHHS

Website for "Bright Futures:"

<http://www.brightfutures.org/>

National Heart, Lung, and Blood Institute, NIH, DHHS

Office of Communications
Room 4 A 21

31 Center Drive, MS 2480
Bethesda, MD 20892

Web page for NHLBI "Obesity Prevention Initiative"

<http://www.nhlbi.nih.gov/about/oei/index.htm>

Web page for "Hearts N' Parks Program"

http://www.nhlbi.nih.gov/health/prof/heart/obesity/hrt_n_pk/index.htm#base

National Institute of Diabetes and Digestive and Kidney Diseases, NIH, DHHS

Weight-control Information Network (WIN)

1 WIN Way
Bethesda, MD 20892-3665

Web page for "WIN:"

<http://www.niddk.nih.gov/health/nutrit/win.htm>

Online Booklet: *Take Charge of Your Health: A Teenager's Guide to Better Health*

<http://www.niddk.nih.gov/health/nutrit/pubs/winteen/index.htm>

Partnership for Food Safety Education (Fight BAC!™)

Website: <http://www.fightbac.org/>

**President's Council on Physical
Fitness and Sports, DHHS**

Department W, Room 738-H
200 Independence Avenue, SW
Washington, DC 20201-0004

Website: <http://www.fitness.gov>

**Substance Abuse and Mental
Health, DHHS**

Website for *Girl Power!*:

<http://www.girlpower.gov/>

Email: gpower@health.org

**U.S. Department of Health and
Human Services**

DHHS Web pages for
educators/teachers

[http://www.hhs.gov/kids/
teachers.html](http://www.hhs.gov/kids/teachers.html)

Sources Cited:

Activities That Teach, Tom Jackson,
Red Rock Publishing, 1993

*American Dietetic Association's
Complete Food and Nutrition
Guide*, Roberta Larson Duyff, 1998

American Demographics, Jeff Brazil,
1999, and personal interview with
J. Brazil (December 1999)

Go Girls!, Tom Resnicow, et al.
(unpublished resource), Emory
University, 1997

Jump Start Teens, California Project
Lean, California Department of
Health Services, 1997

Jump Start, National Recreation and
Park Association, Ashburn, Virginia
(no date)

The 4-H Recognition Model,
4-H/CSREES/USDA, National 4-H
Center, 1997

T3 - *Training Teachers to Teach*,
4-H/CSREES/USDA

Computer Disk Contents (with PDF files)

Open the enclosed disk using Adobe Acrobat Reader to access the PDF files.

Adobe Acrobat Reader is available without charge through the Internet at <http://www.adobe.com>.

- **Multimedia:**

1. Power Point presentation – Overview (slides)
2. Song “The Power of Choice” (3 minutes)
3. Video “It’s All About You*” (27 minutes)

- **Personal Power Tips for Leaders Only!**

- Putting Power in Your Food and Activity ChoicesD-3
- It’s All About You – Owner’s Manual**.....Between D-9 and D-10
- It’s All About You – Video**(separate file)

- **Young Adolescents: Healthier Lifestyles**

- About Young Adolescents: Who They AreD-10
- Healthful Eating: What They Eat, What They NeedD-15
- Active Living: What They Do, What They NeedD-17

- **Let Them Talk!**

- Tips for Active Learning and Meaningful CommunicationD-19

- **How to Get Family and Community Support**

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Tips for Leaders:

To see if your after school care program qualifies for reimbursement for USDA's Afterschool Snacks, check this website:
<http://www.fns.usda.gov/cnd/afterschool/default.htm>